

Cathy Jones

The NEW ORLEANS Cookbook

Staff Home Economists
CULINARY ARTS INSTITUTE

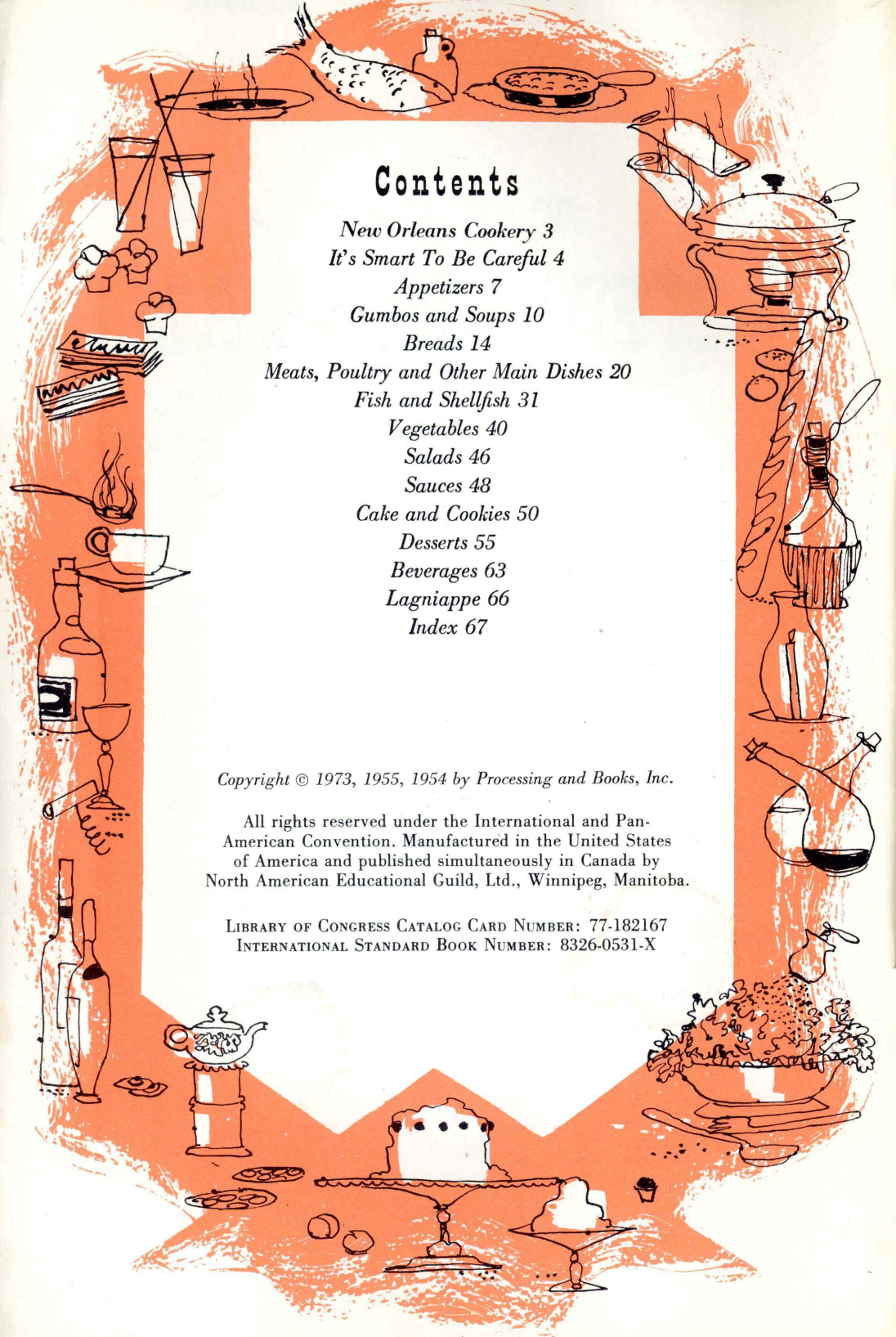
MELANIE DE PROFT
Director

SHERRILL CORLEY • BERTHA GEHRKE • JULIE GRIFFITH
CARYL MILLER • JOYCE MILLER • DENISE VAN STONE

Illustrated by KATHERINE GRACE

Published by
CULINARY ARTS INSTITUTE
Chicago, Illinois 60616





Contents

New Orleans Cookery 3
It's Smart To Be Careful 4
Appetizers 7
Gumbos and Soups 10
Breads 14
Meats, Poultry and Other Main Dishes 20
Fish and Shellfish 31
Vegetables 40
Salads 46
Sauces 48
Cake and Cookies 50
Desserts 55
Beverages 63
Lagniappe 66
Index 67

Copyright © 1973, 1955, 1954 by Processing and Books, Inc.

All rights reserved under the International and Pan-American Convention. Manufactured in the United States of America and published simultaneously in Canada by North American Educational Guild, Ltd., Winnipeg, Manitoba.

LIBRARY OF CONGRESS CATALOG CARD NUMBER: 77-182167
INTERNATIONAL STANDARD BOOK NUMBER: 8326-0531-X

It's Smart To Be Careful 4

Gumbos and Soups 10

Meats, Poultry and Other Main Dishes 20

Vegetables 40

Sauces 48

Desserts 55

Beverages 63

Lagniappe 66

Index 67

All rights reserved under the International and Pan-American Convention. Manufactured in the United States of America and published simultaneously in Canada by North American Educational Guild, Ltd., Winnipeg, Manitoba.

INTERNATIONAL STANDARD BOOK NUMBER: 8326-0531-X

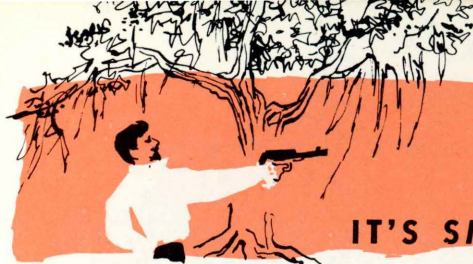


New Orleans Cookery

THE SETTING AND THE HOME of Creole cooking is southern Louisiana—lovely, romantic region where the Mississippi lingers in a thousand bayous before completing its rendezvous with the sea. The graceful city of New Orleans, charming, gay, old in history and young in spirit, crowns the last great curve of the river. In this beneficent region nature is lavish with her gifts. Food from sea and stream and rich, fruitful land is plentiful, and generations of inspired cooks in and around the Crescent City have used it to create the most distinguished cuisine in America.

The mother of Creole cooking is French, its father Spanish, and in the rearing of the prodigy it is possible to discern the tutelage of Indians and the vivid, magic touch of Africans, whose lively genius was expended in the kitchen. Creole is not the firebrand food that often develops in hot climates. Its distinguishing characteristic is a restrained piquancy, a truly provocative quality that invites and delights, and baffles—until one has been let in on the secret. And the secret of Creole, as of so many great styles of cooking, is herbs and seasonings, wisely and artfully used to confer a bouquet on the dish to which they are mated.

To the discriminating lover of good food New Orleans with its Creole tradition is a mecca. Since the pilgrimage is not always possible, even for the most devoted, this book offers you easy passage to the magic art of Creole cooking.



IT'S SMART TO BE CAREFUL

THERE'S NO SUBSTITUTE FOR ACCURACY

Read recipe carefully.

Assemble all ingredients and utensils.

Select pans of proper kind and size. Measure inside, from rim to rim.

Use standard measuring cups and spoons. Use liquid measuring cups (rim above 1-cup line) for liquids. Use nested or dry measuring cups (1-cup line even with top) for dry ingredients.

Check liquid measurements at eye level.

Sift (before measuring) regular all-purpose flour, or not, in accord with the miller's directions on the package. When using the instant type all-purpose flour, follow package directions and recipes. Level flour in cup with straight-edged knife or spatula. Spoon, without sifting, whole-grain types of flour into measuring cup.

Level dry measurements with straight-edge knife or spatula.

Preheat oven at required temperature.

Beat whole eggs until thick and piled softly when recipe calls for well-beaten eggs.

FOR THESE RECIPES—WHAT TO USE

BAKING POWDER—double-action type.

BREAD CRUMBS—two slices fresh bread equal about 1 cup soft crumbs or cubes. One slice dry or toasted bread equals about $\frac{1}{2}$ cup dry cubes or $\frac{1}{4}$ cup fine, dry crumbs.

BUTTERED CRUMBS—soft or dry bread or cracker crumbs tossed in melted butter or margarine. Use 1 or 2 tablespoons butter or margarine for 1 cup soft crumbs or 2 to 4 tablespoons butter or margarine for 1 cup dry crumbs.

CHOCOLATE—unsweetened chocolate. A general substitution for 1 sq. (1 oz.) chocolate is 3 to 4 tablespoons cocoa plus 1 tablespoon shortening.

CHOCOLATE (no melt)—1-oz. packets or envelopes chocolate-flavored product or ingredient.

CORNSTARCH—thickening agent having double the thickening power of flour.

CREAM—light, table or coffee cream—containing 18% to 20% butterfat.

HEAVY or WHIPPING CREAM—containing not less than 30% butter fat.

FLOUR—regular all-purpose flour. When substituting for cake flour, use 1 cup minus 2 tablespoons all-purpose flour for 1 cup cake flour.

GRATED PEEL—whole citrus fruit peel finely grated through colored part only.

HERB BOUQUET (bouquet garni)—a bunch of aromatic herbs used to flavor soups, stews, braised dishes and sauces. Usually made with 3 to 4 sprigs of parsley, 1 sprig thyme and $\frac{1}{2}$ bay

leaf, tied neatly together. Enclose fine, dry herbs in cheesecloth bag.

HERBS and SPICES—ground unless recipe specifies otherwise.

MONOSODIUM GLUTAMATE—a crystalline cereal or vegetable product that enhances natural flavors of foods.

OIL—salad, cooking. Use olive oil only when recipe states.

ROTARY BEATER—hand-operated (Dover type) beater, or use electric mixer.

SHORTENING—a hydrogenated vegetable shortening, all-purpose shortening, butter or margarine. Use lard or oil when specified.

SOUR MILK—cold sweet milk added to 1 tablespoon vinegar or lemon juice in a measuring cup to fill to 1-cup line; stir. Or use buttermilk.

SUGAR—granulated (beet or cane).

VINEGAR—cider vinegar. Use other vinegars when specified.

HOW TO DO IT

BASTE—spoon liquid (or use baster) over cooking food to add moisture and flavor.

BLANCH NUTS—the flavor of nuts is best maintained when nuts are allowed to remain in water the shortest possible time during blanching. Therefore, blanch only about $\frac{1}{2}$ cup at a time; repeat process as many times as necessary for large amounts.

Bring to rapid boiling enough water to well cover shelled nuts. Drop in nuts. Turn off heat and allow nuts to remain in the water about 1 min.; drain or remove with fork or slotted spoon. Place between folds of absorbent paper; pat dry. Gently squeeze nuts with fingers to remove skins. Place on dry absorbent paper. To dry thoroughly, frequently shift nuts to dry spots on paper.

GRIND NUTS—put nuts through medium blade of food chopper. Or use electric blender, grinding enough nuts at one time to cover blades. Cover blender container. (Turning motor off and on helps to throw nuts back into blades.) Grind nuts until the particles are still dry enough to remain separate—not oily and compact. Empty container and grind next batch.

TOAST NUTS—place nuts in a shallow baking pan. Heat nuts (plain or brushed lightly with cooking oil) in oven at 350°F until delicately browned. Stir and turn occasionally. Or add blanched nuts to a heavy skillet in which butter or margarine (about 1 tablespoon per cup of nuts) has been melted; or use oil. Brown nuts lightly, stirring constantly, over moderate heat.

SALT NUTS—toast nuts; drain on absorbent paper and sprinkle with salt.

BOIL—cook in liquid in which bubbles rise

CLEAN CELERY—trim roots and cut off leaves. Leaves may be used for added flavor in soups and stuffings; inner leaves may be left on stalk when serving as relish. Separate stalks, remove blemishes and wash. Then proceed as directed in recipe.

CLEAN GARLIC—separate into cloves and remove outer (thin, papery) skin.

CLEAN GREEN PEPPER—rinse and slice away from pod and stem; trim off any white membrane; rinse away seeds; cut into strips, dice or prepare as directed in recipe.

CLEAN and SLICE MUSHROOMS—wipe with a clean, damp cloth and cut off tips of stems; slice lengthwise through stems and caps.

CLEAN ONIONS (dry)—cut off root end and a thin slice from stem end; peel and rinse. Prepare as directed in recipe.

CUT DRIED FRUITS (uncooked) or MARSHMALLOWS—cut with scissors dipped frequently in water.

DICE—cut into small cubes.

FLAKE FISH—with a fork separate canned (cooked) fish into flakes (thin, layer-like pieces). Remove bony tissue from crab meat; salmon bones are edible.

FLUTE EDGE OF PASTRY—press index finger on edge of pastry, then pinch pastry with thumb and index finger of other hand. Lift fingers and repeat procedure to flute around entire edge.

FOLD—use flexible spatula and slip it down side of bowl to bottom. Turn bowl quarter turn. Lift spatula through mixture along side of bowl with blade parallel to surface. Turn spatula over to fold lifted mixture across material on surface. Cut down and under; turn bowl and repeat process until material seems blended. With every fourth stroke, bring spatula up through center.

GRATE NUTS or CHOCOLATE—use a rotary type grater with hand-operating crank. Follow manufacturer's directions. Grated nuts or chocolate should be fine and light; do not use an electric blender for grating or grinding nuts called for in these recipes.

HOT WATER BATH—set a pan on oven rack and place the filled baking dish in pan. Surround with boiling water to at least 1-in. depth.

MARINATE—allow food to stand in liquid (usually an oil and acid mixture) to impart additional flavor.

MEASURE BROWN SUGAR—pack firmly into measuring cup so that sugar will hold shape of cup when turned out.

MEASURE GRANULATED BROWN SUGAR—see substitution table on package before pouring into measuring cup.

MINCE—cut or chop into small, fine pieces.

MELT CHOCOLATE—unsweetened, over sim-

mering water; sweet or semi-sweet, over hot (not simmering) water.

PREPARE QUICK COFFEE—for one cup coffee beverage, place one teaspoon concentrated soluble coffee (instant) into cup. Add boiling water and stir until coffee is completely dissolved. For 1 cup of double-strength coffee beverage, increase concentrated soluble coffee to 1 tablespoon.

PREPARE QUICK BROTH—dissolve in 1 cup hot water, 1 chicken bouillon cube for chicken broth or 1 beef bouillon cube or ½ teaspoon concentrated meat extract for meat broth.

REDUCE LIQUID—continue cooking the liquid until the amount is sufficiently decreased, thus concentrating flavor and sometimes thickening the original liquid. Simmer when wine is used; boil rapidly for other liquids.

RICE—force through ricer, sieve or food mill.

SCALD MILK—heat in top of double boiler over simmering water or in a heavy saucepan over direct heat just until a thin film appears.

SIEVE—force through coarse sieve or food mill.

SIMMER—cook in a liquid just below boiling point; bubbles form slowly and break below surface.

UNMOLD GELATIN—run tip of knife around top edge of mold to loosen. Invert mold onto chilled serving plate. Wet a clean towel in hot water and wring it almost dry. Wrap hot towel around mold for a few seconds only. (If mold does not loosen, repeat.)

WHEN YOU COOK CANDY OR SIRUP

A candy thermometer is an accurate guide to correct stage of cooking. Put the thermometer into sirup mixture after sugar is dissolved and boiling starts. A 3-in. depth of sirup is advisable to take an accurate thermometer reading; if necessary, tip pan to obtain this depth. If thermometer is cold, heat it in warm water before plunging it into the hot sirup.

Thread (230°F to 234°F)—Spins 2-in. thread when allowed to drop from fork or spoon.

Soft Ball (234°F to 240°F)—Forms a soft ball in very cold water; it flattens when removed from water.

Firm Ball (244°F to 248°F)—Forms a firm ball in very cold water; does not flatten in fingers.

Hard Ball (250°F to 266°F)—Forms a ball which is pliable yet hard enough to hold its shape in very cold water.

Soft Crack (270°F to 290°F)—Separates into threads which are hard but not brittle in very cold water.

Hard Crack (300°F to 310°F)—Separates into threads which are hard and brittle in very cold water.



OVEN TEMPERATURES

| | |
|----------------------------|----------------|
| Very Slow | 250°F to 275°F |
| Slow | 300°F to 325°F |
| Moderate | 350°F to 375°F |
| Hot | 400°F to 425°F |
| Very Hot | 450°F to 475°F |
| Extremely Hot | 500°F to 525°F |

Use a portable oven thermometer to double-check oven temperature.

WHEN YOU BROIL

Set temperature control of range at Broil. Distance from top of food to source of heat determines the intensity of heat upon food.

WHEN YOU DEEP FRY

About 20 min. before ready to deep fry, fill a deep saucepan one-half to two-thirds full with hydrogenated vegetable shortening, all-purpose shortening, lard or cooking oil for deep frying. Heat fat slowly to temperature given in the recipe. A deep-frying thermometer is an accurate guide for deep-frying temperatures.

If thermometer is not available, the following bread cube method may be used as a guide. A 1-in. cube of bread browns in about 60 seconds at 350°F to 375°F.

When using an automatic deep fryer, follow manufacturer's directions for amount of fat and timing.

A CHECK-LIST FOR SUCCESSFUL BAKING

✓ **READ AGAIN** "It's Smart To Be Careful—There's No Substitute for Accuracy" (page 4).

✓ **PLACE OVEN RACK** so top of product will be almost at center of oven. Stagger pans so no pan is directly over another and they do not touch each other or walls of oven. Place single pan so that center of product is near center of oven.

✓ **PREPARE PAN**—For cakes with shortening and cake rolls, grease bottom of pan only; line with waxed paper cut to fit bottom; grease waxed paper. If cake (plain or frosted) is to be cut and stored in pan, omit waxed paper. For cakes without shortening (sponge type), do not grease or line pan. For quick and yeast breads grease bottom of pan only. For cookies, lightly grease cookie sheets. If recipe states "set out pan," do not grease or line pan.

✓ **HAVE ALL INGREDIENTS** at room temperature unless recipe specifies otherwise.

✓ **SIFT** (before measuring) regular all-purpose flour, or not, in accord with the miller's directions on the package. When using the instant type all-purpose flour, follow package directions and recipes. Level flour in cup with straight-edged knife or spatula. Spoon, without sifting, whole-grain types of flour into measuring cup.

✓ **CREAM SHORTENING** (alone or with flavorings) by stirring, rubbing or beating with spoon or electric mixer until softened. Add sugar in small amounts, creaming thoroughly after each addition to insure a fine-grained cake.

✓ **BEAT WHOLE EGGS** until thick and piled softly when recipe calls for well-beaten eggs.

✓ **BEAT EGG WHITES** as follows: *Frothy*—entire mass forms bubbles; *Rounded peaks*—peaks turn over slightly when beater is slowly lifted upright; *Stiff peaks*—peaks remain standing when beater is slowly lifted upright.

✓ **BEAT EGG YOLKS** until thick and lemon colored when recipe calls for well-beaten yolks.

✓ **WHEN LIQUID AND DRY INGREDIENTS** are added alternately to cake batter, begin and end with dry. Add dry ingredients in fourths, liquid in thirds. After each addition, beat only until

smooth. Finally beat only until batter is smooth (do not overbeat). Scrape spoon or beater and bottom and sides of bowl during mixing.

✓ If using an electric mixer, beat mixture at a low speed when alternately adding liquid and dry ingredients.

✓ **FILL CAKE PANS** one-half to two-thirds full.

✓ **TAP BOTTOM OF CAKE PAN** sharply with hand or on table to release air bubbles before placing in oven.

✓ **APPLY BAKING TESTS** when minimum baking time is up. For cakes, touch lightly at center; if it springs back, cake is done. Or, insert a cake tester or wooden pick in center; if it comes out clean, cake is done.

✓ **COOL BUTTER CAKES** 10 min. in pan on cooling rack after removing from oven.

✓ **REMOVE CAKE** from pan after cooling. Run spatula gently around sides of pan. Cover with cooling rack. Invert and remove pan. Turn right side up immediately after peeling off waxed paper. Cool cake completely before frosting.

✓ **FILL LAYER CAKES**—Spread filling or frosting over top of bottom layer. Cover with the other layer. Repeat procedure if more layers are used. If necessary, hold layers in position with wooden picks; remove when frosting is set.

✓ **FROST FILLED LAYER CAKES**—Frost sides first, working rapidly. See that frosting touches plate all around bottom, leaving no gaps. Pile remaining frosting on top of cake and spread lightly.

✓ **TEST** for lukewarm liquid (80°F to 85°F) by placing a drop on wrist; it will feel neither hot nor cold.

✓ **KNEAD DOUGH** by folding opposite side over toward you. Using heels of hands, gently push dough away. Give it a quarter turn. Repeat process rhythmically until the dough is smooth and elastic, 5 to 8 min., using as little additional flour as possible. Always turn the dough in the same direction.

✓ **REMOVE ROLLS, BREAD AND COOKIES** from pans as they come from the oven, unless otherwise directed. Set on cooling racks.



APPETIZERS

Creoles are artists in knowing how to tempt and excite the appetite. Included here are some of the classic Creole appetizers.

Canapés

Canapés are appetizers consisting of well-seasoned foods spread on a base such as a cracker or on a single slice of fancy-cut bread or toast. Variety is achieved not only in the spread, but in the kind and shape of base used.

White, whole wheat, rye or pumpernickel bread, the wide assortment of **crackers** and **Pain Perdu** (page 15) are a few suggestions for the bases. Finely cut **parsley**, sieved **egg yolk** or **white**, a sliver of **lemon**, rolled **anchovy** fillet, sprig of **water cress**, **stuffed olive** slice, **ripe olive** piece, **red or black caviar**, are suggestions for garnishes to add that touch of glamour for a perfect canapé.

Hors d'Oeuvres

Hors d'oeuvres are colorful bits of finger food. They are simple accessories to the meal, and they are to excite the appetite, not to satisfy it. A famous Creole hors d'oeuvre is the **Shrimp** or **Crayfish Bush**. It has the place of honor as the centerpiece on the cocktail table. Cooked fresh **shrimp** or **crayfish** (a distant relative of the New England lobster) are arranged in and around the sides of a tiered fruit dish or glass bowl. **Asparagus tips**, sprigs of **parsley** and small leafy stalks of **celery** are attractively placed among the shellfish. The shrimp or crayfish are served from this colorful "bush" of red and green.

Shrimp De Jonghe

Butter 4 large clam shells or individual casseroles. Set out a medium-size, heavy skillet.

For De Jonghe Butter—Prepare

⅓ cup (1 slice) fine, dry bread crumbs

Mix ¼ cup of the crumbs, reserving remainder for topping, with

½ teaspoon salt

¼ teaspoon pepper

Set mixture aside.

Cream together until butter is softened

½ cup butter

2 cloves garlic (page 5), finely minced or crushed in a garlic press

Thoroughly blend in the crumb mixture and

1 tablespoon finely chopped parsley

1½ teaspoons finely chopped chives

1 teaspoon minced onion

¼ teaspoon Worcestershire sauce

Wrap mixture in waxed paper and put in refrigerator until ready to use.

For Shrimp De Jonghe—Prepare

1 lb. fresh shrimp with shells

(see **Cooked Shrimp**, page 38)

Heat in the skillet over low heat

1 tablespoon butter

Add the cooked shrimp and cook over medium heat 1 to 2 min., or until shrimp are heated thoroughly and coated with the butter. Turn shrimp occasionally. Remove skillet from heat. Arrange shrimp in prepared shells (about six shrimp in each). Sprinkle over shrimp

¼ cup sherry

Pour drippings from skillet over shrimp. Remove De Jonghe Butter from refrigerator and cut off small pieces about ¼ in. thick. Place on shrimp and spread evenly. Sprinkle with the reserved bread crumbs and

Paprika

Bake at 400°F 20 to 25 min., or until crumbs are lightly browned.

Serve Shrimp De Jonghe immediately in shells or casseroles.

4 servings



Shrimp Appetizers

Prepare

- 1 lb. fresh shrimp with shells**
(see **Cooked Shrimp**, page 38)

Prepare one of the following four sauces and pour over shrimp in a shallow bowl. Put into refrigerator to marinate (page 5) 3 to 4 hrs., turning shrimp occasionally.

For each serving, spoon 4 or 5 shrimp with sauce onto

Crisp lettuce leaves

Serve as appetizer course at dinner.

(Shrimp and sauce can be chilled separately in refrigerator. Sauce should then be served as a dunking sauce for shrimp. Serve as an hors d'oeuvre.)

4 to 6 servings

East Indian Sauce

Blend together

- 2 cups mayonnaise**
- 2 tablespoons minced scallion or green onion**
- 1 tablespoon minced green pepper**
- 1 tablespoon minced parsley**
- 1 tablespoon chopped capers**
- 4 anchovy fillets, drained and finely chopped**
- 1 tablespoon curry powder**
- 1/8 teaspoon cayenne pepper**

Mix in contents of

- 1 6-oz. can tomato paste**

Put into a container, cover and chill in refrigerator for several hours to allow flavors to blend.

Force the chilled mixture through a fine sieve into a bowl. Blend in

- 2 egg yolks, slightly beaten**

Chill thoroughly and serve over shrimp.

About 2 1/2 cups sauce

Remoulade Sauce

Blend together

- 2 cups mayonnaise**
- 1 tablespoon prepared mustard**
- 1 tablespoon finely chopped sweet pickle**
- 1 tablespoon chopped capers**
- 1 tablespoon minced parsley**
- 1 teaspoon finely crushed chervil**
- 1 teaspoon tarragon leaves, finely crushed**
- 1/2 teaspoon anchovy paste**
- 1 or 2 drops Tabasco**

Store, covered, in refrigerator until thoroughly chilled.

About 2 cups sauce

Mustard Shrimp Sauce

Prepare

- 2 Hard-Cooked Eggs (page 29)**

Finely chop egg whites and set aside. Reserve egg yolks.

Clean (page 5), finely chop and set aside

- 1 stalk celery**
- 1 small scallion or green onion**

Mash reserved egg yolks with a fork in a small bowl. Blend in, in order

- 1/4 cup prepared mustard**
- 1/2 cup tarragon vinegar**

and a mixture of

- 1 tablespoon paprika**
- 1 teaspoon salt**
- 1/4 teaspoon monosodium glutamate**
- 1/8 teaspoon cayenne pepper**

Add gradually, beating well after each addition

- 1 cup olive oil**

Thoroughly mix in chopped egg whites, chopped vegetables and

- 1 clove garlic (page 5), finely minced or crushed in a garlic press**

Store, covered, in refrigerator until thoroughly chilled.

About 2 cups sauce

Note: The electric blender may be used for mixing the Mustard Shrimp Sauce. Pour the olive oil and vinegar into the blender container; add egg yolks, prepared mustard and seasonings. Cover container, turn on motor and blend until well mixed. Add egg whites, vegetables cut in pieces, and garlic clove. Blend until vegetables are finely chopped.

Horse-radish Sauce

Clean (page 5) and chop

1 medium-size onion (about ½ cup, chopped)

2 stalks celery

Set aside.

Blend together in order

¼ cup prepared French-style mustard

2 teaspoons prepared horse-radish

¼ cup tarragon vinegar

and a mixture of

1 tablespoon paprika

2 teaspoons salt

Mix in chopped vegetables with

2 tablespoons finely chopped parsley

Add gradually, beating well after each addition

½ cup salad oil

Store, covered, in refrigerator until thoroughly chilled. *About 1 cup sauce*

Chicken Liver Spread

Set out a 10-in. skillet and a wooden bowl or cutting board.

Rinse with cold water and drain on absorbent paper

½ lb. chicken livers

Heat in the skillet over low heat

1 tablespoon chicken fat, butter or margarine

Add livers and cook over medium heat 5 to 10 min., or until lightly browned, turning occasionally. Remove skillet from heat and set aside to cool.

Meanwhile, clean (page 5), finely chop and set aside

½ lb. mushrooms (about 2 cups, chopped)

Remove cooled livers with slotted spoon to bowl or cutting board; reserve the drippings. Finely chop livers and set aside in a bowl.

Heat in the skillet over low heat

¼ cup butter or margarine

Add mushrooms and cook slowly over medium heat, occasionally moving and turning with a spoon, until mushrooms are lightly browned. Remove from skillet and add to chicken livers.

Combine

¼ cup reserved drippings

1 teaspoon onion juice

½ teaspoon salt

¼ teaspoon monosodium glutamate

¼ teaspoon paprika

Few grains pepper

2 or 3 drops Tabasco

Combine with chicken liver mixture, blending thoroughly. (If necessary, add enough additional drippings to give mixture a spreading consistency.) Chill in refrigerator for about 4 hrs. to allow flavors to blend.

For Canapés—Spread mixture on

Toast rounds or crackers

Sprinkle over top

Finely sieved Hard-Cooked Eggs

(pages 5 and 29)

Crumbled Panbroiled Bacon

(page 29)

Allow about 1 tablespoon Chicken Liver Spread per canapé. *About 1½ cups spread*

Anchovy Butter Spread for Canapés

Cream together in a small bowl

½ cup butter or margarine

1 teaspoon lemon or lime juice

Blend in

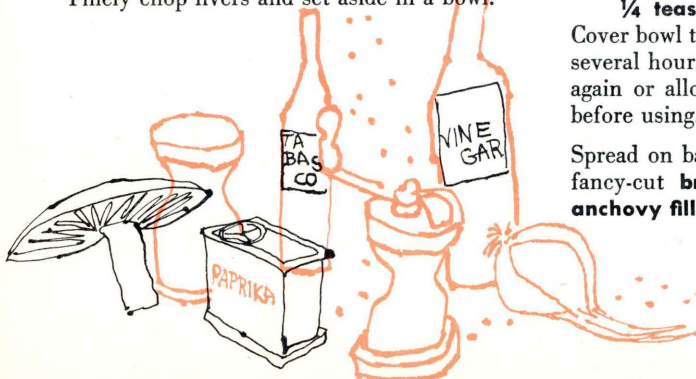
1 tablespoon anchovy paste

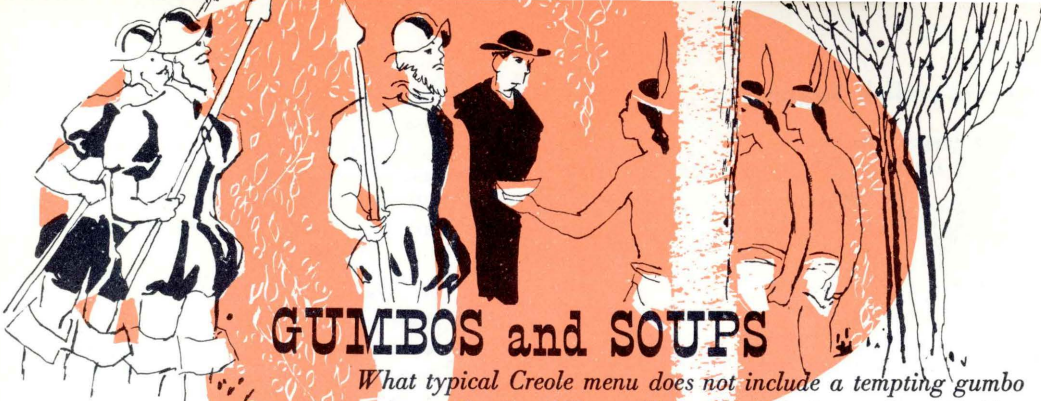
¼ teaspoon paprika

Cover bowl tightly and store in refrigerator for several hours to allow flavors to blend. Cream again or allow to stand at room temperature before using.

Spread on bases such as **crackers** or slices of fancy-cut **bread** or **toast**. Top with rolled **anchovy fillets** and **parsley** sprig.

About ½ cup spread





GUMBOS and SOUPS

What typical Creole menu does not include a tempting gumbo such as Gumbo Filé or Okra Gumbo? Originating in New Orleans, this renowned dish—gumbo—and other famous soups receive the acclaim of visitors to the Crescent City.

Gumbo Filé

Gumbos are the most characteristic dishes of old New Orleans. The Choctaw Indians of Louisiana first introduced to Creole markets a powder made from dried sassafras leaves called Filé. Because the Indian word for sassafras was "kombo," the Creole adopted "gumbo" to describe the slippery smoothness of their soups when filé powder was added. Since cooked okra gives the same results, many okra dishes are also called "gumbos."

Set out a 3-qt. heavy sauce pot or kettle having a tight-fitting cover.

Disjoint, cut into serving-size pieces and rinse

- 1 stewing chicken, 4 to 5 lbs., ready-to-cook weight**

(If chicken is frozen, thaw according to directions on package.) Refrigerate the liver. Place chicken, gizzard, heart, and neck into the sauce pot and add

- Hot water to cover**
- 2 teaspoons salt**
- 1½ teaspoons monosodium glutamate**
- 1 small onion (page 5)**
- 3 sprigs parsley**
- 2 3-in. pieces celery with leaves (page 5)**
- 1 bay leaf**
- 2 or 3 peppercorns**

Cover and bring water to boiling. Remove foam. Cover sauce pot tightly and simmer 2 to 3 hrs., or until thickest part of drumstick is easily pierced with a fork. Add the liver about 15 min. before end of cooking time.

Remove chicken and giblets from broth. Strain

broth and cool slightly. Remove fat that rises to surface. (Refrigerate fat for use in other food preparation.) Cool chicken slightly and remove skin. Remove meat from bones, dice chicken meat and set aside.

Drain, reserving liquid

- 1 pt. oysters**

Pick over oysters and remove any shell particles. Set aside in refrigerator until ready to use.

Wash the sauce pot and the cover.

Dice and set aside

- ½ lb. cooked ham (about 1 cup, diced)**

Clean (page 5), chop and set aside

- 2 medium-size onions (about 1 cup, chopped)**

Heat in the sauce pot over low heat

- 2 tablespoons reserved chicken fat, butter or margarine**

Add to sauce pot ham and onion and cook over low heat until the onion is tender. Add to the sauce pot strained chicken broth, reserved oyster liquid, diced chicken meat and

- ½ teaspoon salt**
- ¼ teaspoon pepper**
- ¼ teaspoon cayenne pepper**
- ½ teaspoon chili powder**

Cover and simmer for about 1 hr.

Meanwhile, prepare

Perfection Boiled Rice (page 30)

About 10 min. before serving, add oysters to sauce pot and cook until edges of oysters begin to curl. Remove sauce pot from heat. Remove about ½ cup liquid and mix thoroughly with

- 2 tablespoons filé powder**

Return mixture to sauce pot and blend thoroughly.

Serve gumbo over mounds of rice.

6 to 8 servings

Note: Filé powder should always be added *after* the soup has been removed from the heat. If cooked, the gumbo will become stringy and unpalatable.

Crab-Shrimp Gumbo

Set out a large, heavy skillet having a tight-fitting cover.

Prepare and set aside in refrigerator

1 lb. fresh shrimp with shells

(see *Cooked Shrimp*, page 38)

Wash pods, cut off and discard stem ends, slice and set aside

½ lb. okra (about 2 cups, sliced)

Clean (page 5), chop and set aside

1 large onion (about ¾ cup, chopped)

1 green pepper

(about ½ cup, chopped)

2 stalks celery

Prepare and keep warm

Perfection Boiled Rice (page 30)

While rice is cooking, heat in the skillet over low heat

2 tablespoons butter or margarine

Add to skillet chopped onion, green pepper, celery and

¼ lb. (about ½ cup) diced cooked ham

1 clove garlic (page 5), finely minced or crushed in a garlic press

Cook mixture over medium heat until onion is tender.

Meanwhile, wash

6 ripe tomatoes

Dip into boiling water to loosen skins. Peel, cut out and discard stem ends. Chop tomatoes and add to skillet with okra and

1 cup water

1 teaspoon salt

½ teaspoon pepper

½ teaspoon cayenne pepper

½ teaspoon chili powder

½ teaspoon thyme

1 teaspoon chopped parsley

½ bay leaf, crushed

Cover and simmer 15 min.

Meanwhile, drain, remove and discard bony tissue and separate contents of

1 6½-oz. can crab meat (about ¾ cup)

Add crab meat and cooked shrimp to skillet and cook 10 min., or until okra is tender.

Serve gumbo on mounds of rice.

6 to 8 servings

Rich Oyster Stew

Set out a 2-qt. saucepan.

Scald (page 5)

2 cups milk

2 cups cream

Meanwhile, drain, reserving liquid

1½ pts. oysters

Pick over oysters to remove any shell particles.

Melt in the saucepan

½ cup butter or margarine

Add oysters with reserved liquid. Simmer 3 min., or until oysters are plump and edges begin to curl. Stir oyster mixture into scalded milk and cream with

2 teaspoons salt

¼ teaspoon monosodium glutamate

½ teaspoon pepper

Serve at once with oyster crackers.

6 servings

Rich Oyster Stew



Crayfish Bisque

Set out a large kettle or sauce pot having a tight-fitting cover.

Prepare and set aside in refrigerator

2 8-oz. fresh-frozen crayfish or rock-lobster tails (see Cooked Crayfish Tails, page 37)

Meanwhile, clean (page 5), mince and set aside

1 medium-size onion (about ½ cup, minced)

1 leek, white part only

Wash, pare or scrape, finely chop and set aside

1 medium-size carrot (about ¼ cup, chopped)

Heat in the kettle over low heat

¼ cup butter or margarine

Blend in a mixture of

¼ cup all-purpose flour

1 teaspoon salt

⅛ teaspoon pepper

Heat until mixture bubbles. Remove from heat.

Gradually stir in

5 cups Quick Chicken Broth (page 5)

Few drops Tabasco

Add vegetables and

1 bay leaf

Return to heat; cover kettle and simmer 10 min. Meanwhile, finely chop the cooked crayfish. Add chopped crayfish meat to kettle. Cover and simmer 10 min. Remove bay leaf.

Place a food mill over a large bowl and pour soup mixture through the food mill, forcing through as much crayfish as possible. Return soup to kettle and reheat.

Beat slightly

2 egg yolks

Quickly stir about 3 tablespoons hot soup into egg yolks. Immediately return egg yolk mixture to soup, stirring vigorously. Cook soup until thoroughly heated, about 5 min., stirring constantly. Do not boil. Add gradually, stirring constantly

1 cup cream

Add crayfish pieces remaining in food mill to soup. Stirring constantly, heat soup thoroughly.

8 servings



Onion Soup with bread sticks

Onion Soup

For Soup—Set out a 3-qt. heavy saucepan having a tight-fitting cover.

Clean (page 5) and cut into thin slices

5 medium-size (about 1 lb.) onions

Heat in the saucepan over low heat

3 tablespoons butter or margarine

Add the onion slices. Cook slowly, turning frequently, until onion slices are golden in color (about 10 min.). Add to saucepan

1½ qts. Bouillon (page 5 or 13)

½ teaspoon salt

⅛ teaspoon cayenne pepper

⅛ teaspoon pepper

Bring to boiling. Cover saucepan and simmer about 15 min.

For Croutons—Meanwhile, set temperature control of range at Broil.

Arrange on broiler rack

6 slices French Bread (page 17)

Place broiler rack in broiler with tops of bread 3 in. from source of heat. Toast one side only. Remove and spread untoasted sides with

2 tablespoons butter or margarine

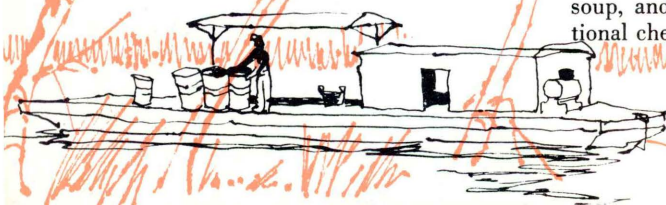
Cut slices into halves; again place on broiler rack. Sprinkle over bread slices

¼ cup (1 oz.) grated Parmesan cheese

Set in broiler about 3 in. from source of heat. Toast until cheese is melted.

For Soup Service—Pour soup into tureen, hot soup plates or earthenware bowls. Float a slice of toast for each serving on top of soup. Bread may be toasted lightly, floated on top of soup, and cheese sprinkled over toast. Additional cheese should be served in a bowl.

6 servings



Creole Pot-au-Feu

▲ Base Recipe

Pot-au-Feu is often called the Stock Pot. This stock is used in a variety of Creole soups.

Set out a large sauce pot or kettle having a tight-fitting cover.

Set out

- 3 lbs. lean beef (chuck or plate),
cut in 1-in. pieces**

Put meat into the sauce pot and add

- 1 soup bone, cracked**

- 3 qts. water**

- 1½ tablespoons salt**

- 1 teaspoon crushed red pepper**

Cover and bring to boiling. Remove foam. Cover sauce pot and simmer 4 hrs., removing foam as necessary.

Meanwhile, wash, pare or scrape, cut in large pieces and set aside

- 5 carrots**

- 2 turnips**

- 1 parsnip**

Clean (page 5), slice and set aside

- 4 leeks, white part only**

- 3 stalks celery with leaves**

- 1 large onion**

Wash, remove and discard stem ends and chop

- 2 ripe tomatoes**

Add vegetables to sauce pot with

Herb Bouquet (page 4)

Insert

- 2 whole cloves**

into

- 1 medium-size onion (page 5)**

Add to sauce pot. Cover sauce pot and simmer 1½ hrs. longer. Remove sauce pot from heat. Strain liquid through a fine sieve and allow to cool. (The meat and vegetables strained from broth may be served as desired.) When cool, put into refrigerator to chill. Remove hardened layer of fat; use for other food preparation. Store stock in covered container in refrigerator for future use. If broth is to be used immediately, skim fat from cooled broth; reheat and serve with **toast**. About 2½ qts. stock

—Brown Stock

Follow △ Recipe. Cut meat from soup bone and brown meat with beef in ¼ cup **fat** in the sauce pot before cooking. Proceed as in △ Recipe.

—White Stock

Follow △ Recipe; substitute **veal shank** and **breast** for beef. Omit crushed red pepper and tomatoes. Add one-half of a disjointed ready-to-cook stewing **chicken**.

—Consommé

Follow recipe for White Stock. In a large kettle stir into cold stock 2 **egg whites**, slightly beaten, crushed **shells** of the eggs and 4 teaspoons **water**. Heat slowly to boiling, stirring constantly. Remove from heat and let stand 25 min. Strain through two thicknesses of cheesecloth.

—Bouillon

Follow recipe for Consommé. Substitute the **Brown Stock** for White Stock.



Fish Stock

Bring to boiling in a large saucepan

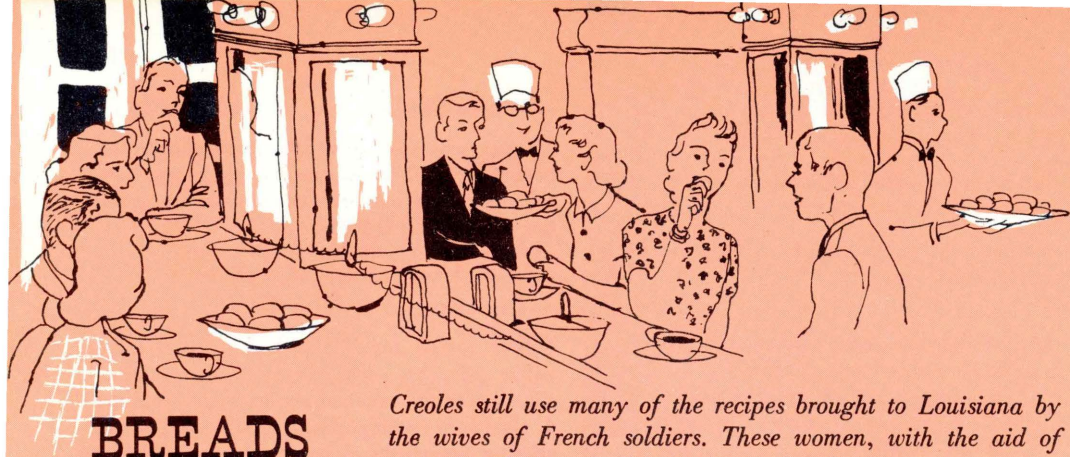
- 1 qt. water**

- 1 tablespoon salt**

- 1 lb. fish trimmings (head, bones, skin and tail)**

Cover and simmer 30 min. Strain liquid and use as directed in recipes or for cooking fish.

About 1 qt. stock



BREADS

Creoles still use many of the recipes brought to Louisiana by the wives of French soldiers. These women, with the aid of friendly Choctaw Indian squaws, also developed new recipes using the native products such as rice and corn meal.

Creole Doughnuts

Bring into the home a touch of that famed New Orleans French Market where everyone feasts on doughnuts and hot coffee.

A deep saucepan or an automatic deep-fryer will be needed.

Scald (page 5)

2 cups milk

Meanwhile, soften

1 pkg. active dry yeast

in

¼ cup warm water (110°F to 115°F. Or if compressed yeast is used, soften 1 cake in ¼ cup lukewarm water, 80°F to 85°F.)

Set aside.

Put into a large bowl

½ cup sugar

½ cup cooking oil (not olive oil)

1½ teaspoons salt

Pour scalded milk over ingredients in bowl.

When lukewarm, stir mixture and blend in, beating until smooth

1 cup sifted all-purpose flour

Stir softened yeast and add to mixture, mixing well.

Measure

6½ to 7 cups sifted all-purpose flour

Add about one-half of the flour to yeast mixture and beat until very smooth. Add in thirds, beating well after each addition

2 eggs, well beaten

Mix in enough of the remaining flour to make

a soft dough. Turn dough onto a lightly floured surface and allow it to rest 5 to 10 min.

Knead dough (page 6). Form dough into a smooth ball and place in a lightly greased, deep bowl. Turn dough to bring greased surface to top. Cover bowl with waxed paper and a towel and let stand in a warm place (about 80°F) until dough is doubled (about 1½ to 2 hrs.).

Punch down dough with fist. Turn out onto a lightly floured surface. Roll about ¼ in. thick, and using a sharp knife, cut into 2-in. squares or diamonds. Place doughnuts on a floured board; cover and let rise in a warm place until doubled.

About 20 min. before deep-frying, fill a deep saucepan one-half to two-thirds full with

Hydrogenated vegetable shortening, all-purpose shortening, lard or cooking oil for deep-frying

Heat fat slowly to 365°F (page 6).

When doughnuts are doubled in size, deep-fry in heated fat. Fry only as many at one time as will float uncrowded one layer deep in the fat. Fry 2 to 3 min., or until lightly browned. Turn doughnuts with a fork as they rise to surface and several times during cooking (do not pierce). Remove with a slotted spoon; drain doughnuts over fat for a few seconds before removing to absorbent paper.

Shake 2 or 3 doughnuts at one time in a plastic bag containing

Sifted confectioners' sugar

Serve warm or store in tightly covered jar.

About 6 doz. doughnuts

Pain Perdu (Lost Bread)

Creoles relish this crisp-crustured treat as a breakfast bread. This delicacy has much in common with our French toast.

About 20 min. before deep-frying, fill a deep saucepan one-half to two-thirds full with

**Hydrogenated vegetable shortening,
all-purpose shortening, lard or
cooking oil for deep-frying**

Heat slowly to 375°F (page 6).

While fat is heating, beat slightly in a shallow bowl or pie pan

2 eggs

1 cup milk or cream

¼ cup sugar

½ teaspoon salt

¼ teaspoon vanilla extract

Set mixture aside.

Arrange in three stacks on flat work surface

**12 slices bread (slightly dry bread
produces firmer Pain Perdu)**

If desired, trim off crusts with a sharp knife. Cut stacks of slices into strips or diagonally into halves. Or, spread a few slices at a time out over the working surface and cut them individually into rounds with a large cookie cutter or a knife.

Dip bread pieces one at a time into the egg mixture. Coat each side well. Allow any excess coating to drip off before lowering slice into the heated fat. Deep-fry only as many pieces at one time as will float uncrowded one layer deep in the fat. Fry 1 to 2 min., or until golden brown. Turn pieces with a fork as they rise to surface and several times during cooking. Remove pieces with a slotted spoon; drain over fat for a few seconds before removing to absorbent paper.

Sprinkle pieces with a mixture of

¼ cup sifted confectioners' sugar

½ teaspoon nutmeg

Serve immediately on a warm platter.

6 servings

Note: Orange flower water and brandy are often used as part of the liquid when Pain Perdu is made.

Quick Calas

Until recent years, the old Negro woman selling Calas was a daily early morning figure on the streets of New Orleans. Upon hearing her cry "Belle Cala, tout chaud!", the Creole cooks would rush out to get fresh, hot Calas to serve to their masters and mistresses with their morning coffee. Calas of old New Orleans were leavened with yeast, but here is a modern adaptation of a favorite Creole specialty.

About 20 min. before deep-frying, fill a deep saucepan one-half to two-thirds full with

**Hydrogenated vegetable shortening,
all-purpose shortening, lard or
cooking oil for deep-frying**

Heat fat slowly to 360° F (page 6).

Prepare and set aside to cool

2 cups Perfection Boiled Rice (two-thirds recipe, page 30)

Meanwhile, sift together and set aside

⅔ cup sifted all-purpose flour

½ cup sugar

1 tablespoon baking powder

½ teaspoon salt

½ teaspoon nutmeg

Beat until thick and piled softly

3 eggs

Thoroughly blend in cooled rice and

¼ teaspoon vanilla extract

Add dry ingredients and mix until well blended.

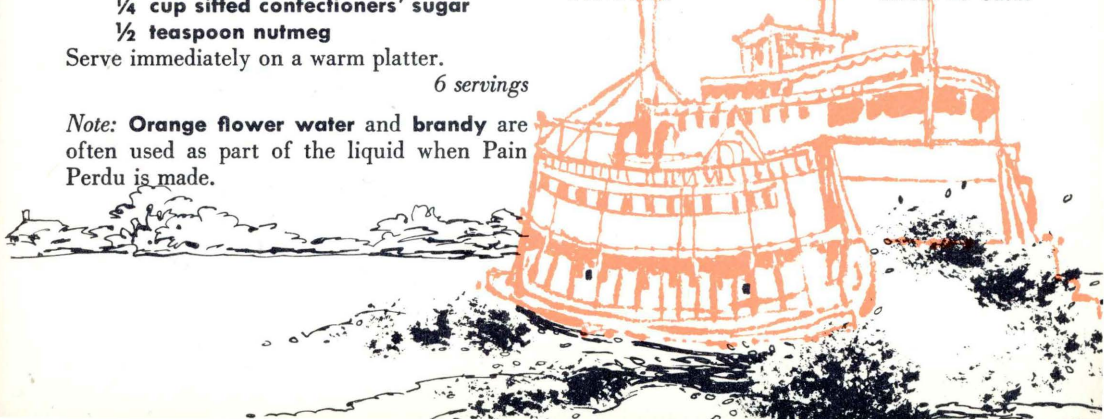
Drop batter by tablespoonfuls into heated fat. Deep-fry only as many Calas at one time as will float uncrowded one layer deep in the fat. Fry about 2 min., or until golden brown. Turn Calas with a fork as they rise to the surface and several times during cooking (do not pierce). Remove with a slotted spoon; drain over fat a few seconds before removing to absorbent paper.

Sprinkle Calas with

Confectioners' sugar

Serve hot.

About 20 Calas



Baba

Regular Creole bakery customers always receive a Baba as a Christmas or New Year's token. Usually it is served with strong, black coffee to holiday guests.

Two 9-in. round layer cake pans will be needed.

Set out

1 cup (about 5 oz.) raisins

1 cup (about 5 oz.) currants

Measure into a small cup or custard cup

1/8 teaspoon saffron

Pour over saffron

1 1/2 teaspoons boiling water

Set aside and cool to lukewarm.

Prepare dough through addition of egg yolks stage

Small Brioches (page 18)

After beating in egg yolks, blend in thoroughly saffron mixture, raisins and currants. Beating in enough to form a soft dough, add about

2 cups sifted all-purpose flour

Beat thoroughly at least 5 min. Turn into a buttered, deep bowl just large enough to allow dough to double. Brush top surface with

Melted butter

Cover with waxed paper and a towel. Set aside in a warm place (about 80°F) until dough is doubled.

Punch down dough with fist. Butter surface of dough and cover again. Set in refrigerator about 12 hrs. or overnight. Punch down dough occasionally as it rises.

Lightly butter bottoms of the two cake pans.

Remove dough from refrigerator; again punch down dough. Place dough on a lightly floured surface. Divide dough into halves and shape into two flat round loaves about 9 in. in diameter. Place one loaf into each cake pan. Cover with waxed paper and a towel and set aside in a warm place until doubled.

Brush tops lightly with a mixture of

1 egg yolk, slightly beaten

1 tablespoon milk

Bake at 375°F 20 to 30 min., or until loaves are golden brown.

Run spatula around inside of each cake pan and gently lift out Baba. Sprinkle with

Confectioners' sugar

Serve warm.

2 Babas

Sally Lunn

An eighteenth century homemaker of Bath, England, developed a yeast bread recipe which soon became a favorite in her community and was called by her name. It has long been a breakfast favorite of Creoles who insist that Sally Lunn must be baked like a cake, and that it is as good toasted the day after it's baked as when it is fresh from the oven.

A 1 1/2-qt. ring mold or Turk's-head mold will be needed.

Soften

1 pkg. active dry yeast

in

1/4 cup warm water (110°F to 115°F.

Or if using compressed yeast, soften 1 cake in 1/4 cup lukewarm water, 80°F to 85°F.)

Set aside.

Scald (page 5)

1/2 cup milk

Meanwhile, put into a large mixer bowl

2/3 cup butter or margarine, softened

2 tablespoons sugar

3/4 teaspoon salt

Pour scalded milk over ingredients in bowl. When lukewarm, beat mixture with an electric beater and blend in, beating until smooth

1/2 cup sifted all-purpose flour

Stir softened yeast and add to mixture, beating well. Add and beat in

3/4 cup sifted all-purpose flour

Add and beat until smooth

2 eggs, well beaten

Beat in

3/4 cup sifted all-purpose flour

Finally beat thoroughly, at least 5 min. Scrape the dough down from sides of bowl. Cover the bowl with waxed paper and a towel and set aside in a warm place (about 80°F) until dough is doubled (about 45 min.).



Lightly grease the ring or Turk's-head mold. When dough is doubled, beat again with electric beater at least 5 min. and turn into the greased mold. Cover and let the dough rise again until doubled (about 45 min.).

Bake at 350°F 25 to 30 min., or until golden brown. Run a knife around inner and outer edges of mold to loosen the loaf. Gently remove to cooling rack.

Serve warm; spread generously with **butter** or **margarine**. Or toast slices and serve with butter or margarine and **jelly** or **jam**.

1 Sally Lunn



French Bread

(See center color photo)

One baking sheet will be needed.

Soften

1 pkg. active dry yeast

in

¼ cup warm water (110°F to 115°F. Or if compressed yeast is used, soften 1 cake in ¼ cup lukewarm water, 80°F to 85°F.)

Set aside.

Meanwhile, put into a large bowl

2 tablespoons butter

1 tablespoon sugar

1½ teaspoons salt

Pour over ingredients in bowl

¾ cup hot water

When lukewarm, stir mixture and blend in, beating until smooth

½ cup sifted all-purpose flour

Stir softened yeast and add to mixture, mixing thoroughly.

Measure

¾ cups sifted all-purpose flour

Add about one-half the flour to yeast mixture and beat until very smooth. Mix in enough

remaining flour to make a soft dough. Turn mixture onto lightly floured surface and let rest 5 to 10 min.

Knead dough (page 6). Select a deep bowl just large enough to allow dough to double; grease lightly. Shape dough into a smooth ball and place in bowl. Turn dough to bring greased surface to top. Cover bowl with waxed paper and a towel and let stand in a warm place (about 80°F) until doubled (about 1½ to 2 hrs.).

Punch down dough with fist. Pull edges in to center and turn completely over in bowl. Cover bowl with waxed paper and towel and let dough rise again until almost doubled (about 45 min.).

Meanwhile, lightly grease baking sheet and sprinkle evenly with

Corn meal or farina

Again punch down dough. Turn dough out onto a lightly floured surface; roll into a 14x8-in. oblong. Roll up tight into a long slender loaf. Pinch ends to seal. With palms of hands, gently roll dough back and forth, pulling to lengthen, and taper the ends. Place loaf diagonally on prepared baking sheet. With a sharp knife, make ¼-in. deep diagonal cuts at 2-in. intervals. Brush with part of a mixture of

1 egg white, slightly beaten

1 tablespoon water

Cover loosely with waxed paper and a towel and set aside in a warm place until doubled.

Brush loaf again with egg white mixture.

Bake at 425°F 10 min. Brush again with egg white mixture. Reduce temperature to 375°F. Bake 15 min.; again brush with egg white mixture. Continue baking about 20 min., or until bread is golden brown.

To increase crustiness, place a flat pan on bottom of oven and fill with boiling water at beginning of baking period.

1 loaf French Bread

For Garlic Bread—Blend 1 clove **garlic** (page 5), finely minced or crushed in a garlic press, with ½ cup softened **butter**. Make diagonal cuts about ½ in. apart, almost through to bottom of French Bread. Spread butter mixture in cuts and over bread. Place loaf on a baking sheet.

Bake at 350°F 10 to 15 min., or until heated thoroughly. Serve hot.

Small Brioches

Coffee, black as the bayou and served deliciously hot, is the traditional accompaniment for these intriguing brioches.

Eighteen 3-in. muffin pan wells or deep-fluted tart pans will be needed.

Soften

1 pkg. active dry yeast

in

¼ cup warm water (110°F to 115°F. Or if using compressed yeast, soften 1 cake in ¼ cup lukewarm water, 80°F to 85°F.)

Set aside.

Scald (page 5)

½ cup milk

Meanwhile, put into a large bowl

¾ cup butter

¼ cup sugar

½ teaspoon salt

Pour scalded milk over ingredients in bowl. When lukewarm, stir mixture and blend in, beating until smooth

½ cup sifted all-purpose flour

Stir softened yeast and add to mixture, mixing well. Beat in with a large spoon

1½ cups sifted all-purpose flour

Beating well after each addition, add one at a time

3 eggs

4 egg yolks

Beating in enough to form a soft dough, add about

2 cups sifted all-purpose flour

Beat thoroughly at least 5 min. Turn into a buttered, deep bowl just large enough to allow dough to double. Brush top surface with

Melted butter

Cover with waxed paper and a towel. Set aside in a warm place (about 80°F) until dough is doubled (about 1½ to 2 hrs.).

Punch down dough with fist. Butter surface of dough and cover again. Set in refrigerator about 12 hrs. or overnight. Punch down dough occasionally as it rises.

Lightly butter the muffin pan wells or tart pans.

Remove dough from refrigerator; again punch down dough. Place dough on lightly floured surface. Shape two-thirds of it into 18 2-in. balls. Place one ball into each muffin pan well or tart pan.

Form 18 small balls from remaining one-third of dough. Gently roll each ball to cone shape between palms of hands. With finger make an impression in center of larger balls. Insert tips of cones. These cone-shaped pieces form "top hats." Cover with waxed paper and a towel; set aside in warm place until doubled. Brush tops lightly with a mixture of

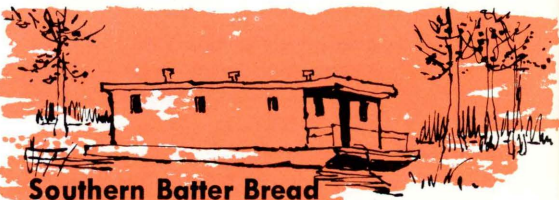
1 egg yolk, slightly beaten

1 tablespoon milk

Bake at 425°F 15 to 20 min., or until brioches are golden brown.

Run spatula around inside edge of each muffin pan well and gently lift out brioche. Or use sharp-pointed knife to remove brioches from tart pans.

18 brioches



Southern Batter Bread

Thoroughly grease a 1½-qt. casserole. Heat in oven about 5 min. before pouring in batter.

Mix together in a saucepan

½ cup corn meal

¾ teaspoon salt

1 cup cold water

Bring rapidly to boiling. Boil 5 min. (Mixture will be very thick.) Remove from heat. Stirring constantly, thoroughly blend in

½ cup milk

1 tablespoon lard, melted

Beat until thick and piled softly

2 eggs

Small Brioches and coffee



Gradually add corn meal mixture to eggs, beating vigorously. Turn into hot casserole.

Bake at 400°F 45 to 50 min., or until a wooden pick or cake tester comes out clean when inserted gently at center.

Serve immediately with **butter** or **margarine** and **maple sirup**, **honey** or **molasses**.

4 servings

Tender-Rich Buttermilk Biscuits

▲ Base Recipe

An adaptation of a southern quick bread, this tasty biscuit is also a favorite of the Creoles. Old New Orleans cooks prefer a more crispy biscuit, and roll their dough thinner than do the northerners.

Set out a baking sheet.

Sift together into a bowl

- 2 cups sifted all-purpose flour**
- 1½ teaspoons baking powder**
- ½ teaspoon baking soda**
- 1 teaspoon salt**

Cut in with pastry blender or two knives until mixture resembles coarse corn meal

½ cup lard

Make a well in the center of the dry ingredients. Pour in all at one time

¾ cup buttermilk

Stir with a fork until dough follows fork. Gently form dough into a ball and put on a lightly floured surface. Knead lightly with finger tips 10 to 15 times.

Gently roll dough to ½-in. thickness. Cut with a floured cutter or knife, using an even pressure to keep sides of biscuits straight. Place biscuits on baking sheet, close together for soft-sided biscuits, or 1 in. apart for crusty sides. Lightly brush tops with

Milk

Bake at 450°F 10 to 15 min., or until biscuits are golden brown.

About 2 doz. 1½-in. biscuits

Note: If crisper biscuit is desired, roll dough to ¼-in. thickness; bake about 10 min.

—Tender-Rich Rolled Biscuits

Follow ▲ Recipe; substitute ¾ cup **milk** for buttermilk.



Corn Griddlecakes and Panbroiled Bacon

Corn Griddlecakes

Set a griddle or heavy skillet over low heat.

Melt and set aside to cool

2 tablespoons butter or margarine

Sift together and set aside

- 1½ cups all-purpose flour**
- 1 tablespoon baking powder**
- 1 tablespoon sugar**
- ¾ teaspoon salt**
- ½ teaspoon celery salt**
- ½ teaspoon monosodium glutamate**

Drain contents of

1 12-oz. can whole kernel corn (1½ cups, drained)

Put into a large bowl with

- 1 egg, well beaten**
- 1 cup milk**

Add melted shortening. Mix until corn is evenly distributed throughout mixture. Gradually add dry ingredients, blending well after each addition.

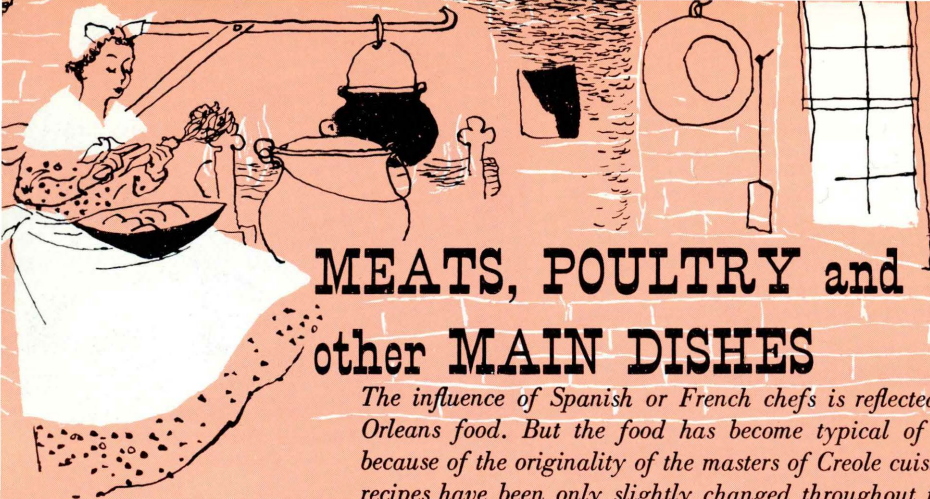
Test griddle; it is hot enough for baking when drops of water, sprinkled on surface, dance in small beads. Lightly grease griddle or skillet if manufacturer so directs.

Pour batter from a pitcher or large spoon into pools about 3 in. in diameter, leaving at least 1 in. between griddlecakes. Cook griddlecakes over medium heat about 2 min., or until lightly browned on one side. With spatula, carefully turn and brown other side.

Serve with **butter** and **maple sirup** or **molasses**.

24 3-in. griddlecakes





MEATS, POULTRY and other MAIN DISHES

The influence of Spanish or French chefs is reflected in New Orleans food. But the food has become typical of that city because of the originality of the masters of Creole cuisine. Their recipes have been only slightly changed throughout the years.

Daube

The famous Creole pot roast.

Set out a Dutch oven or a heavy sauce pot having a tight-fitting cover.

Clean (page 5) and set aside

5 medium-size (about 1 lb.) onions

Finely chop 1 onion and mix thoroughly with

**1 clove garlic (page 5), finely minced
or crushed in garlic press**

1 teaspoon salt

¼ teaspoon pepper

¼ teaspoon thyme

¼ teaspoon cayenne pepper

Set seasoning mixture aside.

Set out

**3- to 4-lb. pot roast of beef (chuck,
blade, round, or rump)**

Cut slits several inches apart all over surface of meat.

Cut crosswise into thin strips

3 slices salt pork or bacon

Insert strips and seasoning mixture in slits.

Set meat aside.

Heat in the Dutch oven over low heat

¼ cup butter or margarine

Slice 2 of the onions and add to heated fat; cook until lightly browned. Put meat into Dutch oven and place onion slices on top of meat. Cover and slowly brown meat.

Meanwhile, wash, pare or scrape and cut into small pieces

3 carrots

1 turnip

Finely chop the remaining onions. When browning second side of meat add vegetables to Dutch oven with

2 tablespoons finely chopped parsley

1 bay leaf, crushed

Turn vegetables several times while meat is browning.

When meat is well browned, add

½ cup sherry or Madeira wine

Cover tightly and cook slowly over low heat about 3 hrs., or until tender. If necessary add more wine or water during cooking period. Liquid surrounding meat should at all times be simmering, not boiling.

When meat is tender, remove from liquid. Liquid may be strained and used for gravy.

Serve Daube cutting meat into thin slices across grain of meat. 6 to 8 servings

Daube Glacé

The jellied meats, a Creole favorite, are highly seasoned. This modern version uses gelatin instead of simmering veal shanks, pigs' or calves' feet with the meat as the Creoles do.

A 10x5x3-in. loaf pan will be needed.

Prepare

**Daube (on this page; add 1 teaspoon
crushed red pepper with parsley
and bay leaf)**

Cook Daube 3½ to 4 hrs., or until meat is very tender. (The meat should be easily removed

from bone, if there is one.) Remove meat from Dutch oven. Cut away excess fat, remove and discard bone (if there is one) and set meat aside to cool.

Strain liquid through a fine sieve or cheesecloth (several thicknesses). Reserve liquid. Remove fat that rises to surface. Refrigerate fat and use in other food preparation.

Wash and pare or scrape

3 small carrots

Cut into slices with a fancy cutter. Cook (page 40) 15 to 20 min., or until just tender.

Meanwhile, put cooled meat through medium blade of food chopper. Set ground meat aside.

Lightly oil the loaf pan with salad or cooking oil (not olive oil). Invert the pan and set it aside to drain.

Drain cooked carrots and set aside to cool.

Meanwhile, put into a small bowl

½ cup cold water

Sprinkle evenly over cold water

2 env. unflavored gelatin

Let stand until softened.

Add to reserved liquid, enough to make 3 cups liquid

Quick Meat Broth (page 5)

Mix in

¼ teaspoon cayenne pepper

¼ teaspoon pepper

Heat mixture until very hot. Remove from heat; immediately add softened gelatin, stirring until gelatin is completely dissolved.

Stir in

½ cup sherry or Madeira wine

Pour a small amount of gelatin mixture (enough to make a thin layer) into bottom of prepared loaf pan. Chill in refrigerator until slightly set. Chill remaining gelatin mixture in refrigerator or in a pan of ice and water until mixture is slightly thicker than consistency of thick, unbeaten egg white. If mixture is placed over ice and water, stir frequently; if placed in refrigerator, stir occasionally.

When gelatin in loaf pan is slightly set, remove from refrigerator. Arrange carrot slices in slightly set gelatin.

Blend the ground meat into thickened gelatin. Turn thickened meat-gelatin mixture onto gelatin-carrot layer. (Both layers should be of

almost same consistency to avoid separation of layers when unmolded.) Put into refrigerator and chill until firm.

Unmold (page 5). Garnish with

Parsley sprigs

Chili peppers

Cut into thin slices.

8 to 10 servings

Broiled Lamb Chops

Also found in Creole cuisine is this aristocrat of meats—Broiled Lamb Chops.

Set out

Lamb chops, rib or loin, cut about 1 in. thick

Allow about ½ lb. meat per serving.

Set temperature control of range at Broil.

Arrange chops on broiler rack. Place in broiler with top of chops 2 in. from heat source; broil about 5 to 7 min. on each side.

Meanwhile, for each pound of meat, mix

1 teaspoon salt

½ teaspoon monosodium glutamate

¼ teaspoon pepper

When chops are browned on one side, sprinkle with one-half of seasoning mixture. Turn and broil second side. Test for doneness by cutting a slit along the bone and noting color of meat. Season second side of meat.

Top each lamb chop with

Butter or margarine

Parsley sprig

Serve immediately with mint jelly.

Broiled Lamb Chops, pineapple slices and banana chunks





Jellied Veal Loaf

Jellied Veal Loaf

Here it is—a Creole jellied meat gone modern but still retaining that cherished piquant flavor so relished in Mardi Gras land.

Set out a 9½x5¼x2¼-in. loaf pan or 1½-qt. ring mold.

Prepare and chill

1 Hard-Cooked Egg (page 29)

Prepare in a small saucepan

1¼ cups Quick Meat Broth (page 5)

Add to broth

½ cup (about 1 medium-size) chopped onion (page 5)

½ teaspoon celery seed

3 or 4 peppercorns

Simmer over low heat about 8 min.

Meanwhile, empty into a bowl contents of

1 3-oz. pkg. lemon-flavored gelatin

Strain broth and pour hot liquid over gelatin, stirring until gelatin is completely dissolved. Stir in

1 tablespoon prepared horse-radish

1 teaspoon salt

½ teaspoon monosodium glutamate

Chill gelatin mixture in refrigerator or in pan of ice and water until gelatin is slightly thicker than consistency of thick, unbeaten egg white. If placed over ice and water, stir frequently; if placed in refrigerator, stir occasionally.

Meanwhile, lightly oil the loaf pan or mold with salad or cooking oil (not olive oil). Set it aside to drain.

Meanwhile, grind, using medium blade of food chopper, enough cooked veal to yield

2 cups ground cooked veal

Cut 3 slices from the hard-cooked egg and arrange in bottom of prepared pan. Spoon a small amount of the slightly thickened gelatin mixture (enough to make a thin layer covering egg slices) in bottom of pan. Chill in refrigerator until slightly set.

Blend into remaining gelatin mixture the ground veal and

¼ cup finely chopped parsley

When first layer in mold is slightly set, immediately turn veal mixture onto first layer. (Both layers should be of almost same consistency to avoid separation of layers when unmolded.) Chill in refrigerator until firm.

Unmold (page 5). Garnish with **parsley** and **notched carrot slices**. 8 servings



Blanquette de Veau (Veal in Creamy Ivory Sauce)

Since blanc means white, a blanquette is a dish notable for its whiteness. Hence, a blanquette is made with veal, lamb or white meat of poultry—covered with a white or creamy sauce.

Set out a 3-qt. heavy saucepan and a skillet.

Set out

**2 lbs. boneless veal shoulder,
cut in 2-in. cubes**

Put meat into saucepan with

1 onion, cut in halves (page 5)

**1 carrot, washed, pared or scraped
and cut in quarters**

Herb Bouquet (page 4)

Add to meat

Water just to cover

1 tablespoon salt

½ teaspoon monosodium glutamate

¼ teaspoon pepper

Cover and simmer about 2 hrs., or until meat is tender.

About ½ hr. before meat is done, clean and slice (page 5)

½ lb. mushrooms

Heat in the skillet over low heat

3 tablespoons butter or margarine

Add mushrooms to skillet with

½ cup (1 medium-size) chopped onion
(page 5)

Cook over medium heat until the onion is tender and mushrooms are lightly browned. Set vegetables aside.

When meat is done, remove meat and set it aside to keep warm. Strain cooking liquid and reserve.

Melt in the same saucepan over low heat

¼ cup butter or margarine

Blend in

¼ cup all-purpose flour

Heat until mixture bubbles. Remove from heat. Add gradually, stirring well after each addition

2 cups reserved cooking liquid

Cook rapidly, stirring constantly, until mixture thickens. Vigorously stir about 3 tablespoons hot mixture into

2 egg yolks, slightly beaten

Immediately return to mixture in saucepan, stirring constantly. Cook 2 to 3 min. over low heat, stirring constantly. Mix in the cooked vegetables and meat cubes. Cook a few minutes longer until meat is heated thoroughly, keeping mixture moving gently with a spoon.

Just before serving blend into sauce

1 tablespoon butter or margarine

1 teaspoon lemon juice

Serve in a warm serving dish and garnish with parsley.

6 servings

Grillades

In France grillade means grilled food, but in New Orleans the grillade has nothing to do with a broiler. Creole grillades are pieces of beef or veal round steak prepared in the following manner.

Set out a large, heavy skillet having a tight-fitting cover.

Set out

2 lbs. beef or veal round steak, cut
¾ in. thick

Cut into serving-size pieces, removing and discarding bone.

Heat in the skillet over low heat

¼ cup butter or margarine

Add meat and brown well on one side. Turn and sprinkle with one-half of a mixture of

1 tablespoon salt

1 teaspoon monosodium glutamate

¼ teaspoon pepper

Brown well on second side and sprinkle with remaining seasoning mixture.

Meanwhile, clean (page 5), chop and set aside

1 medium-size onion

When meat is browned, remove from skillet and set it aside.

Heat in the skillet over low heat

1 tablespoon butter or margarine

Blend in

1 tablespoon all-purpose flour

Heat until mixture bubbles, stirring constantly. Stir in chopped onion and continue cooking, stirring constantly, until mixture is lightly browned. Remove from heat and blend in

½ cup water or tomato juice

Return skillet to heat; add meat pieces and

1 clove garlic (page 5), finely minced
or crushed in garlic press

Cover tightly and cook slowly over low heat about 1 hr., or until meat is tender. Turn meat occasionally. Add more liquid if necessary.

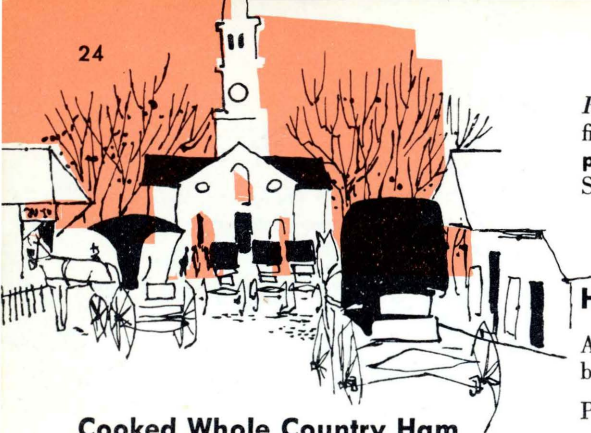
While meat is cooking, prepare

Perfection Boiled Rice (page 30)

Serve meat on the hot rice with sauce spooned over meat.

4 to 6 servings





Cooked Whole Country Ham

▲ Base Recipe

Put into a large kettle having a tight-fitting cover (or follow directions on package)

Country-style ham, 14 to 16 lbs.

Cover completely with cold water. Cover and bring to boiling over medium heat. Pour off water and again cover ham with cold water. Cover and bring to boiling. Reduce heat to low and simmer covered 4 to 6 hrs., or until internal temperature reaches 170°F. Internal temperature is obtained by inserting roast meat thermometer into center of thickest part of lean at this time, being sure bulb does not rest on bone or in fat.

Remove ham from kettle. Allow to stand 15 to 20 min. before slicing. This allows meat to absorb its juices and become easier to slice.

Cut ham into thin slices and serve either hot or cold.

If large kettle is not available, whole ham may be cut into halves and each piece cooked separately until done.

If desired, cook only half of ham; store uncooked half in refrigerator for future use.

—Roast Country Ham

Follow △ Recipe. Remove ham from kettle about ½ hour before done. Remove rind (if any) being careful not to remove fat. Making diagonal cuts, score fat surface of ham to form a diamond pattern. Place **whole cloves** in centers of diamonds. Place ham, fat-side up, on a rack in a shallow roasting pan.

Spread glaze over ham and roast at 300°F 30 to 40 min., or until the ham is done and the glaze is set.

For Glaze—Mix together in a small bowl 1 cup firmly packed **brown sugar**, 1 tablespoon **all-purpose flour** and 1 teaspoon **dry mustard**. Stir in 2 tablespoons **vinegar** to form a paste.

Ham Croquettes

A deep saucepan or automatic deep fryer will be needed.

Prepare and set aside to cool

1½ cups Thick White Sauce (one and one-half times recipe, page 48; add ¼ teaspoon marjoram with seasonings)

Wash, pare or scrape and cut into thirds

2 medium-size (about ¾ lb.) carrots

Cook (page 40) 15 to 20 min., or until just tender.

Meanwhile, put through medium blade of food chopper enough cooked ham to yield

2 cups ground cooked ham

Set aside.

Clean (page 5), finely chop and set aside

2 stalks celery with leaves

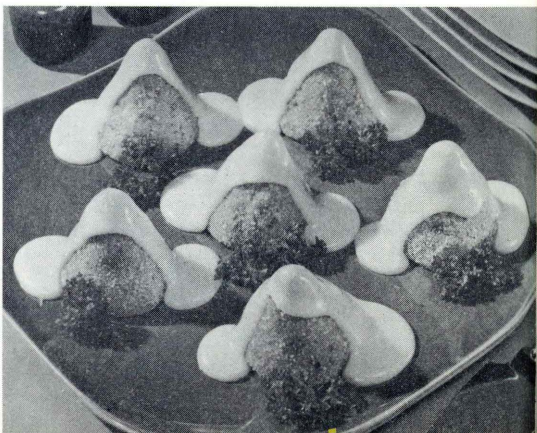
1 medium-size onion (about ½ cup, chopped)

Drain carrots and finely chop. Lightly mix together ground ham, chopped vegetables and cooled white sauce. Place mixture in refrigerator to chill.

About 20 min. before ready to deep fry, fill the saucepan or automatic deep fryer one-half to two-thirds full with

Hydrogenated vegetable shortening, all-purpose shortening, lard or cooking oil for deep frying

Ham Croquettes with Cheese Sauce



Heat fat slowly to 375°F (page 6).

Place in a shallow pan or dish and set aside.

1 cup (about 3 slices) fine, dry bread crumbs

Allowing about $\frac{1}{2}$ cup mixture for each croquette, shape chilled mixture into rolls, balls or cones. Coat by rolling croquettes in the bread crumbs. Dip croquettes into a mixture of

1 egg, slightly beaten

2 tablespoons milk or water

Roll again in the crumbs. Deep-fry in the heated fat only as many croquettes at one time as will lie flat and uncrowded one layer deep in the fat. Fry 5 to 7 min., or until golden brown, turning occasionally during frying time to brown evenly. Remove with a slotted spoon; drain over fat for a few seconds before removing to absorbent paper. Keep warm.

Serve croquettes with

Cheese Sauce (page 48)

5 servings

Note: Any cooked meat such as **beef, veal or lamb** may be substituted for the ham.

Deep-Fried Liver

A deep saucepan or automatic deep-fryer will be needed.

Cut away tubes and outer membrane, if necessary, from

1 lb. veal or calf's liver slices, cut about $\frac{1}{4}$ in. thick

Marinate (page 5) slices about 30 min. in

2 cups French Dressing (page 47)

Turn slices several times.

About 20 min. before deep-frying, fill the deep saucepan one-half to two-thirds full with

Hydrogenated vegetable shortening, all-purpose shortening, lard or cooking oil for deep-frying

Heat fat to 360°F (page 6).

Drain liver thoroughly and coat slices evenly with a mixture of

$\frac{1}{3}$ cup all-purpose flour

1 teaspoon monosodium glutamate

$\frac{3}{4}$ teaspoon salt

$\frac{1}{4}$ teaspoon pepper

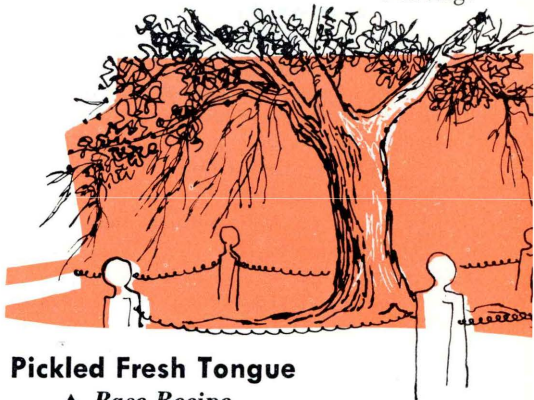
Deep-fry only as many slices at one time as will lie uncrowded one layer deep in the fat. Fry

until browned on both sides; with a large fork or tongs turn slices several times during cooking (do not pierce). Remove slices and drain over fat for a few seconds before removing to absorbent paper.

Serve liver hot with

French Fried Onions (page 41)

4 servings



Pickled Fresh Tongue

▲ **Base Recipe**

Set out a large kettle or sauce pot having a tight-fitting cover.

Wash thoroughly in warm water

1 fresh beef tongue, 3 to 4 lbs.

Place in the kettle. Add to tongue

Water to cover

2 tablespoons vinegar

1 tablespoon salt

$\frac{1}{2}$ teaspoon monosodium glutamate

4 whole cloves

3 bay leaves

Simmer covered 3 to 4 hrs., or until tender.

Remove from liquid and slit skin on underside of tongue; peel it off. Cut away roots and gristle.

Return to liquid to complete cooling. Drain and chill in refrigerator.

Cut tongue into thin slices. Serve cold. Or spread slices with **guava** or **blackberry jelly**. Heat thoroughly in a 375°F oven.

9 to 12 servings

—Smoked Beef Tongue

Follow ▲ Recipe. Substitute 3 to 4 lbs. **smoked tongue** for fresh tongue. For preparation follow directions on wrapper. Add only tongue to the water; omit seasonings.

Chicken Sauté à la Creole

▲ Base Recipe

Set out a large, heavy skillet having a tight-fitting cover.

For Chicken—Disjoint and cut into serving-size pieces

1 frying chicken, 2 to 3 lbs., ready-to-cook weight

(If chicken is frozen, thaw according to directions on package.) Quickly rinse pieces in cold water and pat dry with absorbent paper. To coat chicken evenly, shake 2 or 3 pieces at a time in a plastic bag containing a mixture of

¾ cup all-purpose flour

1½ teaspoons salt

1 teaspoon monosodium glutamate

½ teaspoon pepper

Heat in the skillet over medium heat

Fat or cooking oil (not olive oil) to at least ½-in. depth

Starting with meaty pieces of chicken, place them skin-side down in the skillet. Put in less meaty pieces as others brown. To brown chicken on all sides, turn pieces as necessary with tongs or two spoons. When chicken is evenly browned, remove from skillet; set aside and keep it warm. Pour off fat and reserve.

For Sauce—Return to the skillet and set over heat until hot

2 tablespoons reserved chicken drippings

Add to skillet and cook over low heat until onion is tender

1 cup (2 medium-size) chopped onion (page 5)

½ cup (about 1 medium-size) chopped green pepper (page 5)

Stir in

2 cups sieved, cooked tomatoes

1 clove garlic (page 5), finely minced or crushed in garlic press

¼ teaspoon basil

To Complete—Add chicken pieces to sauce, cover and simmer 30 to 40 min., or until thickest pieces of chicken are tender when pierced with fork. Stir sauce occasionally.

When chicken is tender, add to sauce and heat thoroughly

1 cup pitted ripe olives, cut in halves

Serve chicken with sauce spooned over pieces.

4 or 5 servings



Chicken Sauté à la Creole

—Deviled Chicken

Follow △ Recipe for chicken. Return 2 tablespoons chicken drippings to the skillet. Blend in a mixture of 2 tablespoons **all-purpose flour**, 1½ teaspoons **dry mustard** and dash of **cayenne pepper**. Heat until mixture bubbles. Remove from heat. Gradually stir in 1 cup **Quick Chicken Broth** (page 5) and 2 teaspoons **Worcestershire sauce**. Cook rapidly, stirring constantly, until sauce thickens. Blend in 1 cup **white wine**. Add chicken, cover and simmer 30 to 40 min., or until chicken is tender. Serve sauce spooned over chicken.

Chicken with Corn Meal Dumplings

Set out a Dutch oven or sauce pot having a tight-fitting cover.

Disjoint and cut into serving-size pieces

1 stewing chicken, 4 to 5 lbs., ready-to-cook weight

(If frozen, thaw according to directions on package.) Rinse and pat pieces and giblets dry with absorbent paper. Refrigerate liver.

To coat chicken and giblets evenly, shake 2 or 3 pieces at a time in a plastic bag containing a mixture of

¾ cup all-purpose flour

2 teaspoons salt

1½ teaspoons monosodium glutamate

½ teaspoon pepper

Heat in the Dutch oven over medium heat, enough to make a thin layer

Fat or cooking oil (not olive oil)

Starting with meaty pieces of chicken, place them skin-side down in the skillet. Put in less meaty pieces as others brown. To brown chicken on all sides, turn pieces as necessary with tongs or two spoons.

When chicken is evenly browned, remove Dutch oven from heat and add

- 1 qt. hot water**
- 1 small onion, quartered (page 5)**
- 3 sprigs parsley**
- 2 3-in. pieces celery with leaves (page 5)**
- 1 bay leaf**
- 2 or 3 peppercorns**

Return Dutch oven to heat. Cover, and bring water to boiling. Remove foam. Cover tightly and simmer 2 to 3 hrs., or until thickest pieces are tender when pierced with a fork.

During last 20 min. of cooking time, add liver to Dutch oven. Also at this time add Corn Meal Dumplings. Dumplings should rest on top of chicken; if dumplings settle down into liquid, they may become soggy. If necessary, pour off excess liquid to prevent this. Cover tightly and continue cooking over medium heat 20 min. without removing cover.

Remove dumplings and chicken to a warm serving dish. Thicken cooking liquid (page 28) if desired.

For Corn Meal Dumpings—Sift together

- 1 cup sifted all-purpose flour**
- 1 tablespoon baking powder**
- ½ teaspoon salt**

Stir into dry ingredients

- 1 cup corn meal**

Cut in with a pastry blender or two knives until pieces are the size of peas

- 3 tablespoons shortening**

Chicken with Corn Meal Dumplings



Blend together

- 1 egg, well beaten**
- ¾ cup milk**

With a fork, stir egg-milk mixture into flour mixture until just blended. Drop batter by tablespoonfuls into hot chicken mixture.

6 to 8 servings



Panbroiled Chaurice Patties

▲ Base Recipe

This is an adaptation of chaurice—the peppery sausage sold by meat dealers in southern Louisiana for hearty Creole breakfasts.

Set out a large, heavy skillet.

Lightly mix together in a bowl

- 1½ lbs. bulk pork sausage**
- ½ cup minced (about 1 medium-size) onion (page 5)**
- ½ clove garlic (page 5), finely minced or crushed in a garlic press**

and a mixture of

- ¼ teaspoon thyme**
- ¼ teaspoon allspice**
- ¼ teaspoon chili powder**
- ½ bay leaf, crushed**

Shape sausage mixture into 6 or 8 flat patties.

Place patties into the cold skillet. Add

- ¼ cup water**

Cover and cook over medium heat 5 min. Remove cover; pour off liquid.

Continue cooking sausage patties, uncovered, over medium heat 15 to 20 min., or until brown. Turn as necessary to brown both sides evenly. Remove from skillet and drain on absorbent paper.

6 to 8 servings

—Panbroiled Link Sausage

Follow **△** Recipe. Substitute 24 **pork sausage links** (about 1½ lbs.) for bulk pork sausage. Omit onion, garlic and seasonings. Decrease water to 2 tablespoons. Keep skillet covered 8 to 10 min., cooking slowly. Proceed as in **△** Recipe. Cook links only until brown, turning as necessary (do not prick links with a fork).

Rabbit Stew

Set out a large kettle or sauce pot having a tight-fitting cover.

Heat to boiling in a large saucepan

2½ cups water

Meanwhile, sort and wash thoroughly

1 cup (about ½ lb.) dried, large lima beans

Add beans gradually to water so boiling will not stop. Simmer 2 min. and remove saucepan from heat. Cover saucepan; set beans aside to soak 1 hr.

Meanwhile, clean (page 5), cut into thin slices and set aside

2 medium-size (about ½ lb.) onions

Finely chop enough ham to yield

¼ cup chopped cooked ham

Set aside.

Rinse and cut into serving-size pieces

1 rabbit, 2½ to 3 lbs., ready-to-cook weight

(If frozen, thaw according to directions on package.) Set aside.

Heat in the kettle over low heat

2 tablespoons butter or margarine

Add the onion slices and cook over medium heat until just tender. Add the rabbit pieces, chopped ham and

Hot water (enough to half cover the rabbit)

Add

1 tablespoon salt

1 teaspoon monosodium glutamate

¼ teaspoon pepper

½ teaspoon thyme

1 clove garlic (page 5), finely minced or crushed in garlic press

1 bay leaf, crushed

Cover and simmer 45 min.

Meanwhile, wash, scrape or pare and slice

1 lb. carrots (about 2½ cups, sliced)



Rabbit Stew

Drain lima beans and add with sliced carrots to kettle. Continue cooking about 45 min., or until rabbit and vegetables are tender. Add more boiling water as needed.

During last 15 min. of cooking time, add

2 green peppers (page 5), sliced in rings

Thicken cooking liquid if desired.

To Thicken Cooking Liquid—Pour into a screw-top jar

½ cup water

Sprinkle onto the liquid

¼ cup all-purpose flour

Cover jar tightly and shake until mixture is well blended. Slowly pour one-half of the mixture into cooking liquid, stirring constantly. Bring to boiling. Gradually add only what is needed of remaining flour-water mixture for consistency desired. Bring to boiling after each addition. After final addition, cook 3 to 5 min. longer.

6 to 8 servings

Fried Country Ham Slices

Ham and eggs—a perfect Creole breakfast.

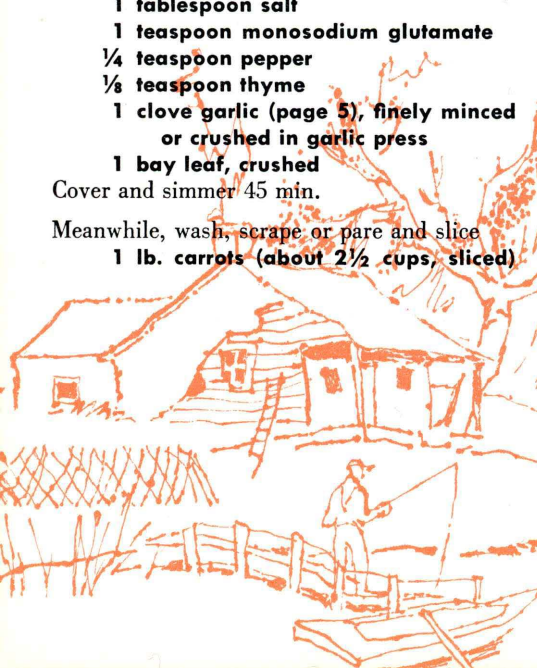
Place in a large, heavy skillet

4 country-style ham slices, cut ¼ in. thick

Cover with cold water. Bring to boiling and pour off water. Fry ham over low or medium heat using the same skillet, without adding extra fat. Cook about 15 min., or until done, turning frequently.

Serve immediately or keep hot while preparing eggs.

4 servings



Panbroiled Bacon

Place in a large, cold skillet

8 slices bacon

Cook at one time only as many slices as will lie flat in skillet. Cook slowly, turning frequently. Pour off fat as it collects; reserve fat for use in other food preparation. When slices are evenly crisped and browned, remove from skillet. Drain on absorbent paper.

Serve immediately or use in other food preparation. *8 slices bacon*

Soft-Cooked Eggs

▲ Base Recipe

Put into a saucepan and completely cover with cold or warm water

4 eggs

Cover. Bring water rapidly to boiling. Turn off heat. If necessary to prevent further boiling, remove saucepan from source of heat. Let stand covered 2 to 4 min., depending upon firmness desired. *4 Soft-Cooked Eggs*

Note: Eggs are a protein food and therefore should never be boiled.

—Hard-Cooked Eggs

Follow △ Recipe. After bringing water to boiling, let eggs stand covered 20 to 22 min. Plunge cooked eggs promptly into running cold water. Immediately crackle shells under water. Roll egg between hands to loosen shell. When cooled, start peeling at large end.

Casserole of Creole Eggs

Lightly grease a 1½-qt. casserole.

Prepare

6 Hard-Cooked Eggs (on this page)

While eggs are cooking, set aside to drain, reserving liquid, contents of

1 4-oz. can sliced mushrooms (about ½ cup mushrooms)

Clean (page 5) and chop

1 medium-size green pepper (about ½ cup, chopped)

1 medium-size onion (about ½ cup, chopped)

1 stalk celery

Heat in a skillet over low heat

¼ cup butter or margarine

Add chopped vegetables and cook over medium heat, stirring occasionally, until onion is tender. Add mushrooms and continue cooking until mushrooms are lightly browned, stirring occasionally.

Add gradually, stirring constantly

2 cups sieved, cooked tomatoes

Simmer 5 min., stirring occasionally.

Meanwhile, melt in a saucepan over low heat

3 to 4 tablespoons butter or margarine

Blend in a mixture of

6 tablespoons all-purpose flour

¼ teaspoon salt

¼ teaspoon monosodium glutamate

Few grains pepper

Cook over medium heat, stirring constantly, until mixture bubbles. Remove from heat and gradually add tomato-vegetable mixture while stirring constantly. Return mixture to heat and bring rapidly to boiling, continuing to stir. Cook 1 to 2 min. longer.

Add to the reserved mushroom liquid, enough to make 1 cup liquid

Cold milk

Pour into a bowl. Stirring constantly, gradually add the hot tomato-vegetable mixture to the milk mixture.

Slice the Hard-Cooked Eggs into the casserole forming layers. Pour some of the tomato-milk mixture over each layer of eggs. Finally pour remaining tomato-milk mixture over sliced eggs. Sprinkle over top

1 cup buttered soft bread crumbs (page 4)

Bake at 350°F 15 to 20 min., or until crumbs are lightly browned and mixture is heated through.

Serve over

Perfection Boiled Rice (page 30)

6 to 8 servings

French Omelet

Set out an 8- to 10-in. skillet.

Beat together until well blended but not foamy

6 eggs

6 tablespoons milk or water

¾ teaspoon salt

⅛ teaspoon pepper

Heat the skillet until just hot enough to sizzle few drops of water. Melt in skillet

3 tablespoons butter or margarine

Pour egg mixture into skillet and reduce heat. As edges of omelet begin to thicken, with spoon or fork draw cooked portions toward center to allow uncooked mixture to flow to bottom of skillet. Shake and tilt skillet as necessary to aid flow of uncooked eggs. Do not stir.

When eggs no longer flow but surface is still moist, increase the heat to quickly brown the bottom of omelet. Loosen edges carefully and fold in half. Carefully slide omelet onto a warm serving platter.

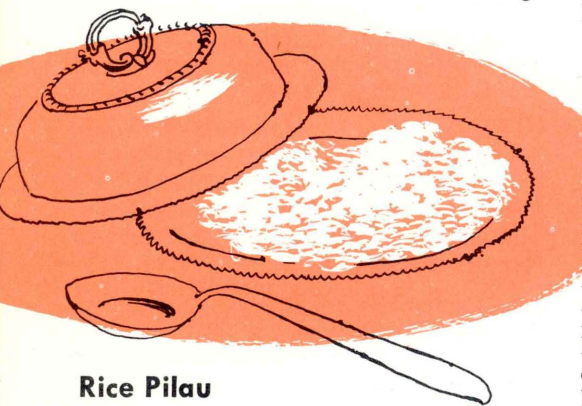
Garnish omelet with

Parsley sprigs

Serve immediately.

If desired, fill omelet with diced or shredded cooked meat or vegetables before folding.

4 to 6 servings



Rice Pilau

Set out a 3-qt. heavy saucepan having a tight-fitting cover.

Cut into small pieces and panbroil (page 29) in the saucepan

6 slices bacon

Remove bacon from saucepan and drain on absorbent paper. Reserve bacon and bacon drippings.

Meanwhile, clean (page 5) and chop

1 large onion (about 1 cup, chopped)

1 stalk celery

Return to saucepan

2 tablespoons bacon drippings

Add chopped vegetables. Cook over medium heat, stirring occasionally, until onion is tender. Add to saucepan and stir to mix thoroughly

2 cups sieved, cooked tomatoes

1½ cups hot water

2 teaspoons salt

1½ teaspoons monosodium glutamate

⅛ teaspoon pepper

Cover and bring mixture to boiling. So boiling will not stop, add gradually to mixture, stirring with a fork

1 cup rice

(The Rice Industry no longer considers it necessary to wash rice before cooking.) Simmer, covered, for 20 min., or until a rice kernel is entirely soft when pressed between fingers and nearly all of the liquid is absorbed.

Blend in reserved bacon pieces and serve hot.

4 to 6 servings

Perfection Boiled Rice

Bring to boiling in a deep saucepan

2 qts. water

1 tablespoon salt

1 teaspoon monosodium glutamate

So boiling will not stop, add gradually to water

1 cup rice

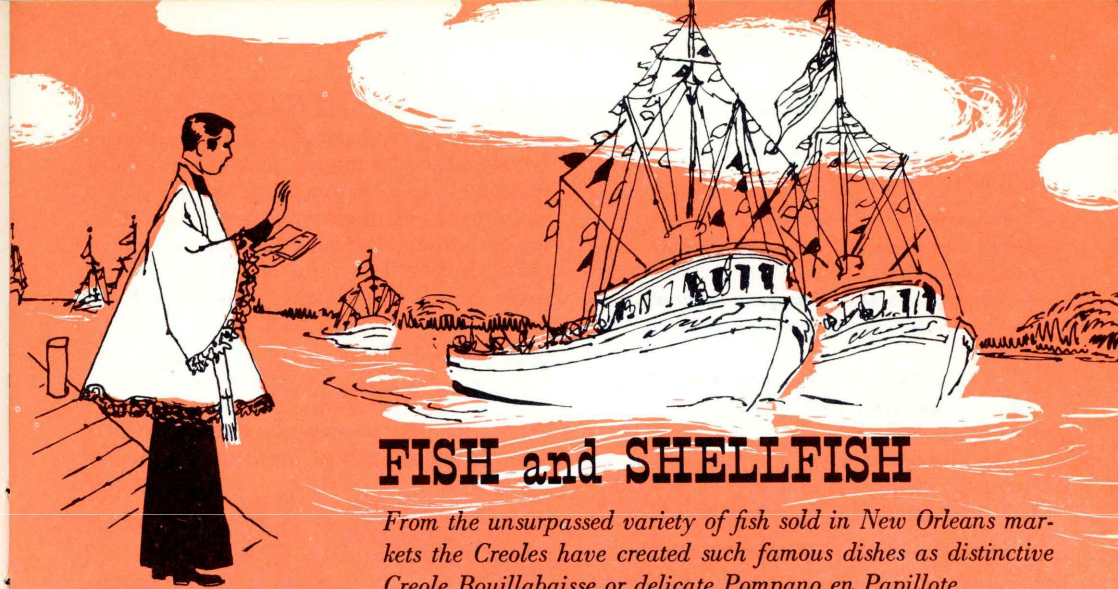
(The Rice Industry no longer considers it necessary to wash rice before cooking.) Boil rapidly, uncovered, 15 to 20 min., or until a kernel of rice is entirely soft when pressed between the fingers.

Drain rice in colander or sieve and rinse with hot water to remove loose starch. Cover colander and rice with a clean towel and set over hot water until rice kernels are dry and fluffy.

About 3½ cups cooked rice

Quick Cooking Rice

Cooked rice prepared from packaged **pre-cooked rice** may be substituted for Perfection Boiled Rice, if directions on the package are followed carefully for amounts and timing.



FISH and SHELLFISH

From the unsurpassed variety of fish sold in New Orleans markets the Creoles have created such famous dishes as distinctive Creole Bouillabaisse or delicate Pompano en Papillote.

Pompano Florentine

(See center color photo)

▲ Base Recipe

Prepare and keep warm over simmering water

2 cups Mornay Sauce (page 49)

Meanwhile, thaw partially and cook (page 40) in a heavy saucepan

1 pkg. (10 oz.) frozen chopped spinach

Meanwhile, set temperature control of range at Broil and grease a broiler rack.

Wipe with a clean, damp cloth

4 pompano fillets, about 6 oz. each

(If frozen, thaw completely.) Place fillets skin-side down on the greased broiler rack. Brush fillets with one-half of a mixture of

¼ cup butter or margarine, melted

2 tablespoons lemon juice

Place broiler rack in broiler with tops of fillets 2 in. from source of heat. Broil about 8 min., or until fish flakes (page 5). Brush fillets with remaining butter mixture during broiling.

When spinach is tender, drain in sieve, pressing spinach firmly against sieve with back of spoon to remove water thoroughly. Blend spinach into 1 cup of the Mornay Sauce; keep mixture hot.

When fillets flake, sprinkle with a mixture of

1 teaspoon salt

½ teaspoon monosodium glutamate

⅛ teaspoon pepper

Spoon about ¼ cup of the Mornay Sauce over

fillets. Broil 2 to 3 min., or just until sauce is lightly browned.

Arrange spinach mixture in four servings on a warm serving platter. Carefully place fillets over spinach. Pour remaining Mornay Sauce around fillets.

Garnish serving platter with

Parsley sprigs

Fancy-cut lemons

Turnip Roses (page 36)

Serve immediately.

4 servings

—Pompano with Garden-Fresh Spinach

Follow △ Recipe; substitute 1½ lbs. **fresh spinach** for frozen spinach. Remove and discard tough stems, roots and bruised leaves from spinach. Wash leaves thoroughly by lifting up and down several times in a large amount of cold water. Lift leaves out of water each time before pouring off water. When free from sand and gritty material, transfer spinach to a large, heavy saucepan. Cook (page 40) 3 to 10 min. When spinach is tender, drain as in △ Recipe. Finely chop spinach and drain again; combine with sauce.



Pompano en Papillote

Set out a shallow baking dish and four 12x9-in. pieces parchment paper.

To Prepare Filling—Set out

½ cup coarsely chopped cooked shrimp

½ cup coarsely chopped cooked lobster meat

Prepare

1 cup Thick White Sauce (page 48; use cream for liquid)

Stir into cooked sauce

¼ cup white wine

Mix in the chopped shrimp and lobster meat. Cool mixture and chill in refrigerator.

To Make Papillotes—Fold the pieces of parchment paper into halves crosswise. From other paper make a pattern of a half heart that is as wide and long as the folded parchment paper. Place straight edge of pattern on folded edge of parchment paper, trace and cut out heart shapes. Set papillotes aside.

To Fill Papillotes—Set out

4 fresh pompano fillets, about 6 oz. each

Cut each fillet into halves crosswise, keeping halves of the same fillet together. (If frozen, thaw fillets completely.)

Brush inside of each paper heart with cooking or salad oil (not olive oil). On one-half of each paper heart lay fillet half, skin-side down. Sprinkle the four halves with one-half of a mixture of

1 teaspoon salt

½ teaspoon monosodium glutamate

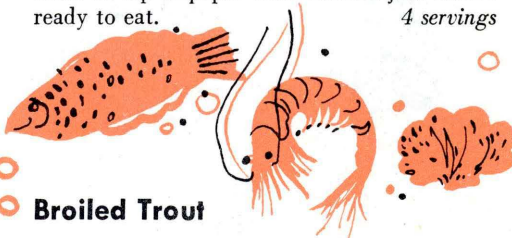
½ teaspoon pepper

Remove filling from refrigerator and divide into fourths. Place one-fourth on each fillet half; pat with back of spoon over fish. Place matching fillet half over filling, skin-side up. Sprinkle all four with remaining seasoning mixture. Fold top half of paper heart over fillet. (Top half will not meet edge of bottom paper half.)

To Seal Papillotes and Complete—Starting at top end of paper heart, fold small portion of bottom edge over top and crease; hold folded portion down with one hand while folding and creasing next portion, overlapping it on folded portion. Repeat, following outline of heart, folding and creasing. At end, twist paper. Repeat with remaining papillotes. Place papillotes in the baking dish.

Bake at 375°F about 30 min., or until papers are puffed and golden brown.

Serve papillotes on warm dinner plates. Cut a cross in top of paper with scissors just before ready to eat. *4 servings*



Broiled Trout

Green and speckled trout from Louisiana waters are relished by Creoles for breakfast.

Set temperature control of range at Broil and grease a broiler rack.

Set out

4 small, cleaned and scaled trout, about 10 oz. each

(If using frozen trout, thaw according to directions on package.) Do not cut off tails or heads; game fish are usually served with the head and tail on. Arrange trout on the greased broiler rack. Brush with one-half of a mixture of

¼ cup butter or margarine, melted

1 tablespoon lemon juice

Place broiler rack in broiler with top of trout 2 in. from source of heat; broil 5 to 8 min. (depending upon thickness of trout).

Season trout with one-half of a mixture of

2 teaspoons salt

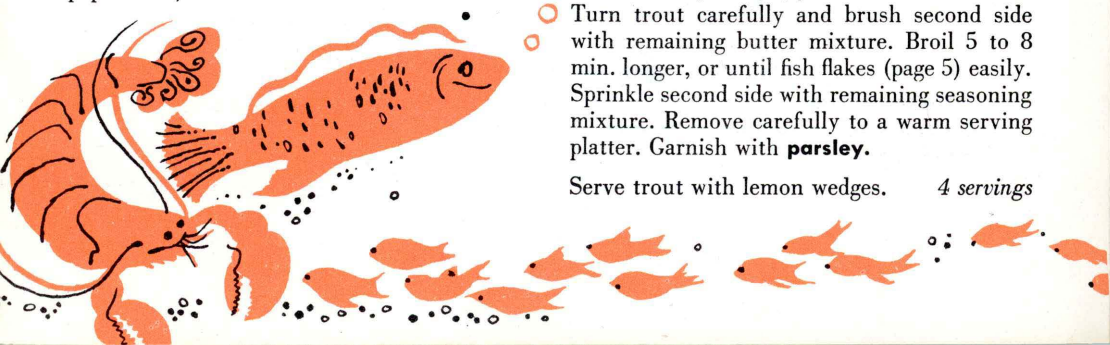
1 teaspoon monosodium glutamate

½ teaspoon paprika

¼ teaspoon pepper

Turn trout carefully and brush second side with remaining butter mixture. Broil 5 to 8 min. longer, or until fish flakes (page 5) easily. Sprinkle second side with remaining seasoning mixture. Remove carefully to a warm serving platter. Garnish with **parsley**.

Serve trout with lemon wedges. *4 servings*



Creole Bouillabaisse

Frenchmen use the fish and shellfish of the Mediterranean for their fish stew. The Creoles have a similar method of cooking fish, using red snapper and redfish from the Gulf waters.

Set out a deep, 10-in. heavy skillet having a tight-fitting cover. (Skillet should be large enough to allow fish fillets to lie only one layer deep, or cook one half of the fish at one time.)

Wipe with a clean, damp cloth

1 lb. red snapper fillets

1 lb. redfish fillets

(If fish is frozen, thaw according to directions on the package.)

Thoroughly rub into fish fillets a mixture of

2 teaspoons minced parsley

1 teaspoon salt

¾ teaspoon thyme

½ teaspoon allspice

⅛ teaspoon pepper

2 bay leaves, finely crushed

**1 clove garlic (page 5), finely minced
or crushed in a garlic press**

Set fillets aside.

Clean (page 5) and chop

1 large onion (about ¾ cup, chopped)

Heat in the skillet over low heat

2 tablespoons olive oil

Add chopped onion and fillets. Cover and cook over low heat 10 min., turning fillets once.

Meanwhile, wash

3 large ripe tomatoes

Dip into boiling water for about 1 min. to loosen skins. Peel tomatoes, cut out and discard stem ends. Cut tomatoes into ¼-in. slices and set aside.

Remove fish fillets from skillet, set aside and keep warm.

Pour into the skillet, stirring well

1 cup white wine

Add tomato slices and bring mixture to boiling. Add

3 or 4 lemon slices

1 cup hot Fish Stock (page 13) or hot water

¾ teaspoon salt

⅛ teaspoon pepper

Dash cayenne pepper

Simmer about 25 min., or until liquid is reduced almost one-half.

Add the fish fillets to skillet and continue cooking 5 min. longer.

Meanwhile, blend several tablespoons of the liquid in which the fish is cooking with

Pinch of saffron

When fish has cooked 5 min., spread saffron mixture over fillets. Remove fillets from sauce and place on

6 slices buttered, toasted bread

Pour sauce over fish.

Serve at once.

6 servings

Oyster Loaf

Called the "peace maker" in Creole homes.

Set out a baking sheet.

Cut a thin lengthwise slice from the top of

1 loaf French Bread (page 17)

With a small, sharp knife, cut down around edge of loaf, ¾ in. from edges, keeping shell intact. Pull out soft center (reserve for use in other food preparation). Brush inside of bread shell and cut-side of top slice generously with

Melted butter or margarine

Place bread shell and top slice, cut-side up, on the baking sheet.

Bake at 350°F 12 to 15 min., or until lightly browned.

Meanwhile, prepare

Deep-Fried Oysters (page 37)

Place oysters in the bread shell and cover with top slice. Hot cream may be poured over oysters.

Serve loaf hot, broken or cut into slices.

6 to 8 servings

IDENTIFICATION OF FOODS IN CENTER COLOR PHOTO

Clockwise: French Bread (page 17); Coupe St. Jacques (page 59); Pompano Florentine (page 31); assorted cookies (pages 50 to 54); Cooked Artichokes (page 41) with melted butter.



Oysters Rockefeller I

▲ Base Recipe

Legends are many and recipes numerous for Oysters Rockefeller, a specialty of a famous New Orleans restaurant. These two are typical.

Set out a shallow baking dish and fill $\frac{1}{4}$ in. deep with rock salt.

Prepare

2 cups Medium White Sauce (page 48)

Remove thickened sauce from heat and vigorously stir about 3 tablespoons hot sauce into

1 egg, slightly beaten

Immediately return to mixture in saucepan and cook over low heat 1 to 2 min., stirring constantly. Set sauce aside and keep it warm.

Thaw partially and cook (page 40) in a heavy saucepan contents of

2 12-oz. pkgs. frozen chopped spinach

Meanwhile, place flat side of shell up and carefully open (by inserting the tip of an oyster knife between edges of shell opposite hinges)

2 doz. shell oysters

Loosen the oysters from the top shell and place on the deep half of the shell. Arrange shells in the prepared baking dish. Discard the top shells. (If shell oysters are not available, use 1 pt. oysters and clam shells, which can be purchased.) Sprinkle over oysters, about $\frac{1}{4}$ teaspoon on each

2 tablespoons sherry

Set baking dish aside.

Heat in a heavy skillet over low heat

2 tablespoons butter or margarine

Add and cook over medium heat until onion is transparent

1 tablespoon finely chopped onion

Meanwhile, thoroughly drain the cooked spinach. Blend spinach with 2 tablespoons of the sauce and

1 tablespoon minced parsley

$\frac{1}{2}$ teaspoon Worcestershire sauce

6 drops tabasco sauce

and a mixture of

$\frac{1}{4}$ teaspoon salt

$\frac{1}{4}$ teaspoon monosodium glutamate

Few grains nutmeg

Few grains pepper

Mix with onion in skillet and heat mixture 2 to 3 min. Spoon the spinach mixture over the oysters; then spoon remaining sauce over spinach mixture. Sprinkle over sauce

Grated Parmesan cheese

Bake at 375°F 15 to 20 min., or until lightly browned.

Serve immediately.

4 to 6 servings

—Oysters Rockefeller II

Follow Δ Recipe; omit Medium White Sauce and egg. Blend 2 tablespoons **cream** with the cooked spinach. Top spinach mixture with $\frac{3}{4}$ cup buttered, fine, dry **bread crumbs** (page 4); then sprinkle with **cheese**.

CARVED TURNIP ROSE FOR GARNISH

(See center color photo)

Select a firm, round turnip that is the size of the rose desired. Cut off stem and root ends. Pare turnip being sure that the surface is smooth. To form a flat base cut a thin slice from stem end.

Using the tip of a sharp paring knife, lightly outline the shapes of about five rounded petals evenly spaced around turnip. Following outline of petals and keeping each slice thin, cut each petal completely away from the turnip down to about $\frac{1}{4}$ in. from base. Continue around turnip until all five petals are formed. Pare inside of turnip, just within petals, to again make a smooth surface. Lightly outline petal-shapes, spacing each one between two outside petals. Cut thinly.

Continue working as for outer petals, smoothing the surface before outlining petals. Cut as many layers as desired forming as many petals as desired from each layer. Work toward center as far as possible. Cut the center piece of turnip down and round it to form the center of the rose.

Set out a bowl of cold water. Add enough food coloring to tint carved rose desired color. Put rose upside down in water and allow it to remain until enough color has been absorbed. (Turnips differ in the amount of time required to tint them.) Carved vegetable flowers will keep for several weeks in water in refrigerator. Omit food coloring if a white rose is desired.



Oysters Rockefeller II with lemon wedges

Cooked Crayfish or Rock-Lobster Tails

The crayfish or spiny lobster is found in the Gulf waters. Only the tails of the crayfish are found in the retail market and are available under such names as South African lobster tails, Langoosta, rock-lobster, or spiny lobster tails. They may be purchased in the frozen state.

Bring to boiling in a large kettle or sauce pot

- 2 to 3 qts. water**
- ¼ cup lemon juice**
- 1 tablespoon salt**
- ½ cup (about 1 medium-size) chopped onion (page 5)**
- ½ cup chopped celery with leaves (page 5)**
- 1 clove garlic (page 5), finely minced or crushed in a garlic press**

Add to boiling water

- 2 8-oz. fresh-frozen crayfish or rock-lobster tails**

Cover, bring water again to boiling, lower heat and simmer 11 min., or until meat is completely white and opaque. (If tails were thawed before cooking, simmer 9 min.)

Drain and cover with cold water; drain again. With scissors cut through and remove thin shell on underside; remove vein. Gently pull meat from shell. (Shells may be saved for serving crayfish.)

Chill crayfish meat in refrigerator. Chop or dice and use in recipes as directed.

About 2 cups crayfish meat

Deep-Fried Shrimp

▲ Base Recipe

About 20 min. before ready to deep-fry, fill a deep saucepan or automatic deep-fryer one-half to two-thirds full with

Hydrogenated vegetable shortening, all-purpose shortening, lard or cooking oil for deep-frying

Heat fat slowly to 350°F (page 6).

Peel, remove vein (see Cooked Shrimp, page 38) and set aside

2 lbs. fresh shrimp with shells

Place in a shallow pan or dish and set aside

1 cup (about 3 slices) fine, dry bread crumbs

Mix together in a bowl

- 2 eggs, slightly beaten**
- 2 tablespoons milk**
- 2 tablespoons paprika**
- 1 teaspoon salt**
- 1 teaspoon monosodium glutamate**
- ¼ teaspoon pepper**
- ½ teaspoon cayenne pepper**

Dip shrimp into egg mixture and then coat shrimp by rolling in bread crumbs.

Deep-fry in the heated fat only as many shrimp at one time as will lie uncrowded one layer deep in the fat. Fry shrimp 2 to 3 min., or until brown. Turn shrimp as they rise to surface and several times during cooking. Remove shrimp with a slotted spoon; drain over fat for a few seconds before removing them to absorbent paper.

Serve hot with **lemon wedges** and melted **butter** or **chili sauce**.

6 to 8 servings

—Deep-Fried Oysters

Follow △ Recipe. Substitute 1 qt. **oysters** for shrimp. Drain and pick over to remove any shell particles. Coat oysters by rolling in bread crumbs; dip in egg mixture; coat again in bread crumbs. Heat fat to 375°F and deep-fry as in △ Recipe.

Cooked Shrimp

Wash in cold water

1 lb. fresh shrimp with shells

Drop shrimp into a boiling mixture of

2 cups water

3 tablespoons lemon juice

1 tablespoon salt

Cover tightly. Simmer 5 min., or only until shrimp are pink and tender. Drain and cover with cold water to chill. Drain shrimp again.

Remove tiny legs. Peel shells from shrimp. Cut a slit to just below surface along back (curved surface) of shrimp to expose the black vein. With knife point remove vein in one piece. Rinse quickly in cold running water.

½ to ¾ lb. Cooked Shrimp

Note: Veins present in canned or frozen shrimp are removed in the same way.



Drop shrimp into boiling mixture.

Prepare, coarsely chop and set aside

1 lb. fresh shrimp with shells

(see Cooked Shrimp, on this page)

Clean (page 5) and finely chop

1 large onion (about ¾ cup, chopped)

Heat in the saucepan over low heat

2 tablespoons butter or margarine

Add onion to saucepan and

½ lb. (about 1 cup) diced cooked ham

1 clove garlic (page 5), finely minced or crushed in a garlic press

Cook over medium heat until the onion is tender. Add to saucepan and blend together

3 cups Quick Meat Broth (page 5)

2 cups sieved, cooked tomatoes

2 tablespoons chopped parsley

1 teaspoon salt

¼ teaspoon thyme

⅛ teaspoon pepper

⅛ teaspoon cayenne pepper

⅛ teaspoon chili powder

½ bay leaf, crushed

Cover and bring to boiling. Remove cover. So boiling will not stop, add gradually, stirring with a fork

1 cup rice

(The Rice Industry no longer considers it necessary to wash rice before cooking.)

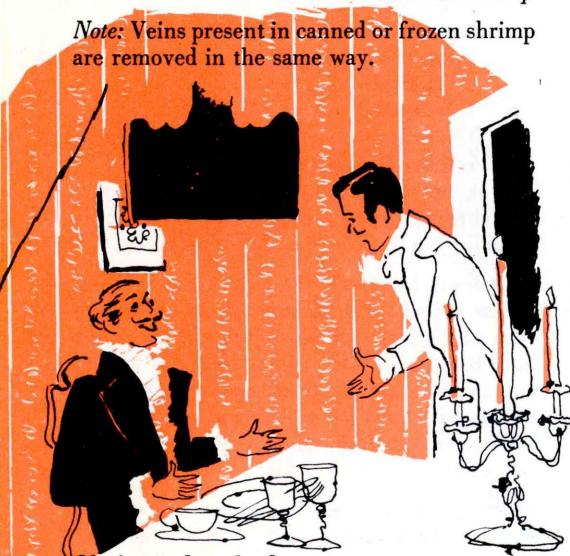
Simmer, covered, about 20 min., or until a rice kernel is entirely soft when pressed between fingers.

Add cooked shrimp pieces and simmer about 5 min. longer.

Serve jambalaya hot.

6 to 8 servings

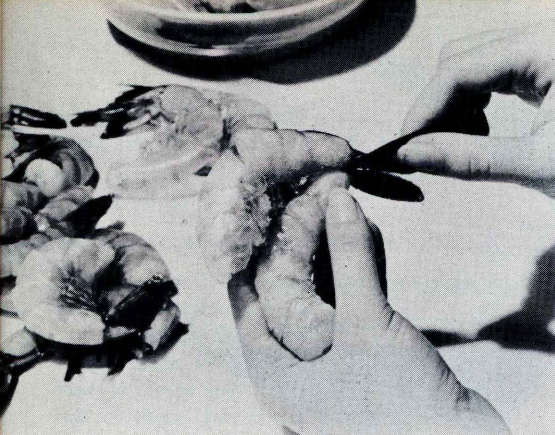
Note: Any shellfish, such as **crab** or **lobster**, may be substituted for shrimp.



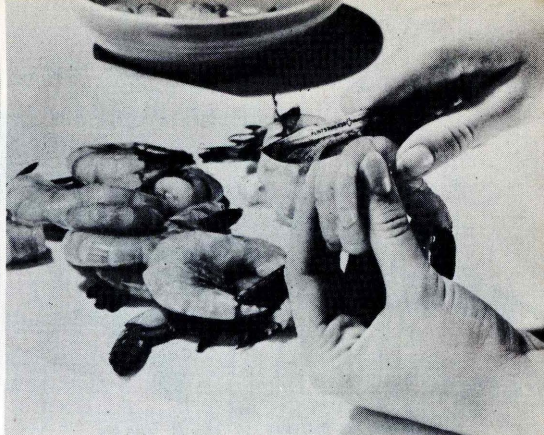
Shrimp Jambalaya

Although many believe jambalaya received its name from the French word "jambon" meaning "ham," others believe it had a more colorful origin. Some Creoles say that many years ago a distinguished guest stopped unexpectedly at a New Orleans inn. The proprietor, having nothing left from dinner to serve him, said to his cook Jean, "Balayez" (blend good things together). The visitor was pleased with the unusual dish offered him and suggested that it be called "Jean Balayez," which has since been shortened to Jambalaya.

Set out a 3-qt. saucepan having a tight-fitting cover.



Peel shells from shrimp.



Cut slit to expose vein.

Fried Frog Legs in Cream Sauce

▲ Base Recipe

Set out a large, heavy skillet.

Wash

8 pairs large, skinned frog legs

Soak frog legs in salted water (1 tablespoon per 2 qts. water) 15 min.; drain. Coat frog legs evenly by shaking 2 or 3 at a time in a plastic bag containing a mixture of

½ cup all-purpose flour

1 teaspoon salt

¼ teaspoon monosodium glutamate

⅓ teaspoon pepper

Heat in the skillet over low heat

¼ cup butter or margarine

Add frog legs and cook over medium heat about 20 min., or until frog legs are golden brown and tender when pierced with a fork.

To brown all sides, turn frog legs as necessary with two spoons or tongs. Drain frog legs on absorbent paper; set aside and keep them warm while preparing Cream Sauce.

Brown frog legs well on all sides.



For Cream Sauce—Return to the skillet

1 tablespoon drippings

Blend in

1 tablespoon all-purpose flour

¼ teaspoon salt

¼ teaspoon monosodium glutamate

Few grains pepper

Heat until mixture bubbles, stirring constantly. Remove skillet from heat. Add gradually, stirring constantly

1 cup cream

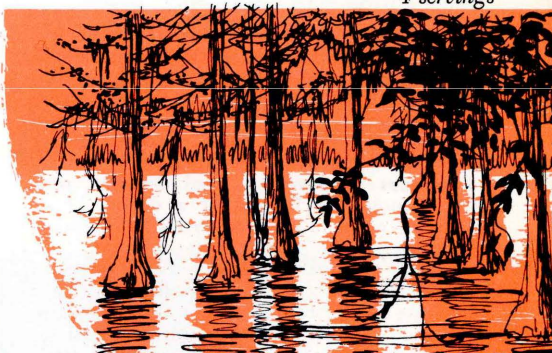
Mix in

1 tablespoon finely minced onion

1 tablespoon finely chopped parsley

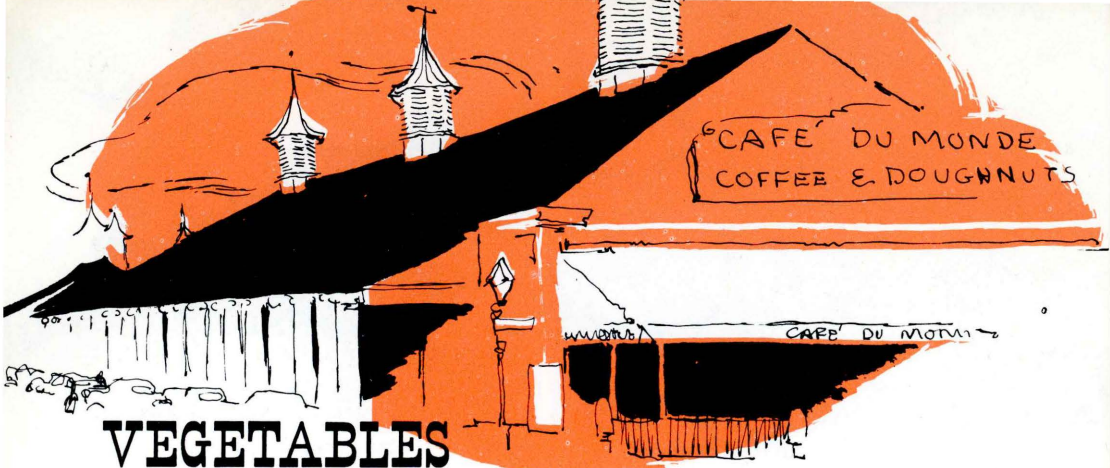
Return skillet to heat; cook rapidly, stirring constantly, until sauce thickens. Add frog legs to sauce and cook 1 to 2 min. longer.

4 servings



—Frog Legs with Fine Herbs

Follow ▲ Recipe; omit Cream Sauce. Blend into ½ cup **mayonnaise** 2 teaspoons each of chopped **chervil**, **chives**, **tarragon leaves** and **parsley**. Serve frog legs with mayonnaise mixture and **lemon wedges**.



VEGETABLES



Okra, tomatoes, red beans and sweet potatoes or yams are more predominant in Creole menus than the many other vegetables grown in the rich Louisiana soil. The ingenuity and culinary ability of the old New Orleans cooks produced many flavorful and unique vegetable dishes which are included here.

HOW TO COOK VEGETABLES

Wash fresh vegetables, but do not soak them in water for any length of time. To prepare taste-tempting vegetables and to retain their abundant minerals and vitamins, cook them carefully and quickly.

BAKING—Bake such vegetables as potatoes, tomatoes and squash without removing skins. Pare vegetables for oven dishes, following directions given with recipes.

BOILING—Have water boiling rapidly before adding vegetables. Add salt at beginning of cooking period ($\frac{1}{4}$ teaspoon per cup of water). After adding vegetables, again bring water to boiling as quickly as possible. If more water is needed, add boiling water. Boil at a moderate rate and cook vegetables until just tender.

In general, cook vegetables in a covered pan, in the smallest amount of water possible and in the shortest possible time. Exceptions for amounts of water or for covering are:

Asparagus—arranged in tied bundles with stalks standing in bottom of a double boiler containing water to cover lower half of spears—cover with inverted double boiler top.

Broccoli—trimmed of leaves and bottoms of stalks. If stalks are over 1 in. in diameter, make lengthwise gashes through them almost to flowerets. Cook quickly in a covered skillet or saucepan in 1 in. of boiling, salted water 10 to 15 min., or just until tender.

Cabbage (mature)—cooked, loosely covered, in just enough water to cover. Cabbage (young) cooked, tightly covered, in a minimum amount of water (do not overcook).

To restore color to red cabbage, add a small amount of vinegar at end of cooking period, just before draining.

Cauliflower (whole head)—cooked, uncovered, in a 1 in. depth of boiling, salted water for 5 min., then covered, 15 to 20 min.

Mature Root Vegetables (potatoes, rutabagas, parsnips)—cooked, covered, in just enough boiling, salted water to cover vegetables.

Spinach—cooked, covered, with only the water which clings to leaves after final washing.

BROILING—follow directions with recipes.

FRYING and DEEP FRYING—Follow directions with specific recipes.

PANNING—Finely shred or slice vegetables. Cook slowly until just tender in a small amount of fat, in a covered, heavy pan. Occasionally move with spoon to prevent sticking and burning.

STEAMING—Cooking in a pressure saucepan is a form of steaming. Follow directions given with saucepan because overcooking may occur in a matter of seconds.

Note: Some saucepans having tight-fitting covers may lend themselves to steaming vegetables in as little as 1 teaspoon water, no water or a small amount of butter, margarine or shortening.

CANNED VEGETABLES—Reduce liquid from can to one-half of the original amount by boiling rapidly. Add the vegetables to reduced liquid and heat them thoroughly and quickly.

HOME-CANNED VEGETABLES—Boil 10 min. (not required for tomatoes or sauerkraut).

DRIED (Dehydrated) VEGETABLES—Soak and cook as directed in specific recipes.

FROZEN VEGETABLES—Do not thaw before cooking (thaw corn on cob and partially thaw spinach). Break frozen block apart with fork during cooking. Use as little boiling salted water as possible for cooking. Follow directions on package.

Cooked Artichokes (Globe or French)

(See center color photo)

▲ Base Recipe

Set out a large sauce pot or kettle.

With a sharp knife cutting straight across, cut off 1 in. of the tops from

4 artichokes

Cut off stems about 1 in. from base and remove outside lower leaves. With scissors, clip off tips of uncut leaves and discard. Rinse artichokes under cold water and stand them upright in the sauce pot. Add boiling water to a depth of 1 in. and

1 tablespoon lemon juice

1 teaspoon salt

Cook, covered, 25 to 45 min., or until a leaf can be easily pulled from artichoke. (Cooking time will depend upon size of artichokes.) If more water is needed during cooking, add boiling water.

Remove artichokes and drain upside down so all the water can run out. Cut off remainder of artichoke stem.

Serve immediately standing upright on serving platter. Garnish with

Lemon slices

Parsley sprigs

Accompany with individual servings of

Hot melted butter or margarine

or individual servings of

Hollandaise Sauce (page 49)

How to Eat Artichokes—Pull off each leaf and dip in melted butter or sauce. Eat only the tender part of leaf by drawing it between teeth. Discard less tender tip. Continue with each leaf until choke or fuzzy part in center is reached. Remove choke with knife and fork and discard. The heart or base may be eaten by cutting it with a fork and dipping each piece into the melted butter or sauce. **4 servings**

—Chilled Artichokes

Follow ▲ Recipe. Drain artichokes and chill in refrigerator until ready to serve. Chilled artichokes are usually served as a salad on individual serving plates. Accompany with individual servings of **mayonnaise, French Dressing** (page 47) or any of its variations.

French Fried Onions

About 20 min. before ready to deep-fry, fill a deep saucepan one-half to two-thirds full with

Hydrogenated vegetable shortening, all-purpose shortening, lard or cooking oil for deep-frying

Heat fat slowly to 365°F (page 6).

Meanwhile, clean (page 5) and cut into slices $\frac{1}{4}$ in. thick

3 medium-size (about $\frac{1}{2}$ lb.) onions

Separate slices into rings and set aside.

Melt and set aside to cool

1 tablespoon butter or margarine

Sift together into a bowl and set aside

$1\frac{1}{4}$ cups sifted all-purpose flour

$\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ teaspoon monosodium glutamate

$\frac{1}{8}$ teaspoon pepper

Beat until thick and piled softly

2 eggs

Blend in

$\frac{3}{4}$ cup milk

1 teaspoon Worcestershire sauce

Blend in butter or margarine. Make a well in center of dry ingredients; add liquid mixture all at one time. Blend just until batter is smooth.

Dip onion rings in batter with fork or slotted spoon to coat evenly. Deep-fry only as many onion rings at one time as will float uncrowded one layer deep in fat. Fry 2 to 3 min., or until golden brown. Turn onion rings with a fork as they rise to surface and several times during cooking. Drain over fat for a few seconds before removing to absorbent paper.

Serve with meats, vegetable plates or as an appetizer. **About 6 servings**

French Fried Onions





Eggplant with Shrimp Stuffing

▲ Base Recipe

Set out a 2-qt. shallow baking dish and a skillet.

Prepare

- 1 lb. fresh shrimp with shells (see Cooked Shrimp, page 38)

Chop shrimp and set aside.

For Eggplant Shells—Wash and cut into halves lengthwise

- 1 large (1½ to 2 lbs.) eggplant

Cook covered in a small amount of boiling salted water about 10 min., or until just tender. Remove eggplant from water.

With a spoon scoop out pulp, leaving a ½-in. thick shell. Set the shells aside. Finely chop pulp and reserve for stuffing.

For Shrimp Stuffing—Heat in the skillet over low heat

- 2 tablespoons butter or margarine

Add and cook over medium heat until onion is tender

- ½ cup chopped (about 1 medium-size) onion (page 5)

- 2 tablespoons chopped green pepper (page 5)

- 1 clove garlic (page 5), finely minced or crushed in garlic press

Blend together chopped shrimp, reserved eggplant pulp and chopped vegetables with

- 1 cup (about 1 slice) soft bread crumbs

and a mixture of

- ½ teaspoon salt

- ¼ teaspoon monosodium glutamate

- ⅛ teaspoon pepper

Spoon mixture into eggplant shells, heaping slightly. Place in baking dish. Cover tops with

- 1 cup buttered soft bread crumbs (page 4)

Bake at 375°F 20 to 25 min., or until crumbs are browned. *6 to 8 servings*

—Eggplant with Ham Stuffing

Follow △ Recipe, substituting 2 cups diced cooked ham for shrimp.

—Peppers with Shrimp Stuffing

Follow △ Recipe; substitute 6 large green peppers for eggplant. Rinse green peppers, cut off tops (reserving for Shrimp Stuffing), remove and discard white fiber and seeds from peppers. Rinse cavities. Drop peppers into boiling salted water to cover and simmer 5 min. Remove from water; invert and set aside to drain.

For Shrimp Stuffing—Substitute 1¼ cups Perfection Boiled Rice (one-half recipe, page 30) for eggplant pulp and bread crumbs. Heat 1½ cups (2 8-oz. cans) tomato sauce and ½ teaspoon Worcestershire sauce in a saucepan until mixture bubbles. Blend with shrimp-rice-vegetable mixture. Spoon into green pepper shells. Omit bread crumb topping. Pour ½ cup boiling water into baking dish with peppers.

Bake peppers at 350°F about 30 min.

Okra and Tomatoes

Set out a large skillet having a tight-fitting cover.

Wash, cut off stem ends, slice and set aside

- 1 lb. okra (about 4 cups, sliced)

Clean (page 5), chop and set aside

- 2 medium-size (about ½ lb.) onions (about 1 cup, chopped)

- 1 green pepper (about ½ cup, chopped)

Heat in the skillet over low heat

- 2 tablespoons bacon drippings, butter or margarine

Add onion and green pepper and cook over medium heat until the onion is tender. Add sliced okra and

- 2 cups (1 16-oz. can) cooked tomatoes, cut in pieces

Stir in a mixture of

- ½ teaspoon salt

- ¼ teaspoon monosodium glutamate

- ⅛ teaspoon pepper

- ⅛ teaspoon curry powder

- ⅛ teaspoon thyme

Simmer, covered, 30 to 40 min., or until okra is tender. *6 servings*

Stuffed Tomatoes

Set out a 2-qt. shallow baking dish and a skillet.

Prepare and keep hot

1 cup Perfection Boiled Rice (one-third recipe, page 30)

While rice is cooking, wash and cut off tops of
6 large firm tomatoes

With a spoon scoop out center pulp from tomatoes. Reserve pulp. Set tomato shells aside.

Heat in the skillet over low heat

2 tablespoons butter or margarine

Add to skillet and cook over medium heat until onion is tender

½ cup (about 1 medium-size) chopped onion (page 5)

⅓ cup chopped celery (page 5)

¼ cup chopped green pepper (page 5)

⅓ cup (1 3-oz. can) deviled ham

Meanwhile, drain contents of

1 4-oz. can sliced mushrooms (about ½ cup, drained)

Mix together cooked rice, reserved tomato pulp, contents of skillet and mushrooms with

1 teaspoon Worcestershire sauce

and a mixture of

1 teaspoon salt

⅛ teaspoon pepper

Spoon mixture into tomato shells, heaping slightly. Place in the baking dish. Evenly cover tops of stuffed tomatoes with

½ cup buttered soft bread crumbs (page 4)

Bake at 375°F 15 to 20 min., or until crumbs are lightly browned.

6 servings

Red Beans with Rice

A favorite dish of Creole families—traditionally served on "Wash-day Monday."

Heat to boiling in a large, heavy saucepan

1½ qts. water

Meanwhile, sort and wash thoroughly

1 lb. (2½ cups) red kidney beans

Add beans gradually to water so boiling will not stop. Simmer 2 min. and remove saucepan from heat. Set beans aside to soak 1 hr.

Chop or dice

1 medium-size onion (page 5; about ½ cup, chopped)

1 medium-size carrot, washed, pared or scraped

Add chopped vegetables to beans with

¼ cup meat drippings, butter or margarine

1 bay leaf

1 teaspoon salt

¼ teaspoon monosodium glutamate

⅛ teaspoon pepper

Simmer about 45 min., or until beans are tender. Remove bay leaf and drain beans.

While beans are cooking, prepare

Perfection Boiled Rice (page 30)

Serve red beans with rice.

8 servings

Casserole of Red Beans

Set out a 2-qt. casserole.

Wash, soak, and cook until tender (see Red Beans with Rice; on this page)

1 lb. (2½ cups) red kidney beans (omit carrot)

Remove bay leaf. Drain beans.

Meanwhile, thoroughly drain and with a spoon cut into pieces contents of

1 28-oz. can tomatoes (about 2 cups pieces)

Mix tomatoes and cooked beans with

1 tablespoon molasses

and a mixture of

1 teaspoon dry mustard

1 teaspoon salt

¼ teaspoon pepper

Turn mixture into casserole. Top with, in order

½ cup (2 oz.) grated American cheese

6 slices bacon

Bake at 350°F 15 to 20 min.

Set temperature control of range at Broil.

Place casserole under broiler with top of casserole about 3 in. from heat source. Broil about 5 min., or until bacon is evenly crisped and browned.

8 servings

Creole String Beans

Thoroughly grease a 1-qt. casserole.

Wash, break off ends and cut into 1-in. pieces

1 lb. green beans (about 3 cups, pieces)

Cook (page 40) 15 to 20 min., or until just tender. Drain beans.

While beans are cooking, heat in a skillet over low heat

2 tablespoons butter or margarine

Add and cook over medium heat until onion is tender

1 tablespoon chopped onion

1 tablespoon chopped green pepper

Mix together the cooked onion, green pepper, green beans and

1½ cups (28-oz. can, drained) cooked tomatoes

and a mixture of

¾ teaspoon salt

¼ teaspoon monosodium glutamate

⅛ teaspoon pepper

Turn into casserole. Sprinkle over top

½ cup cracker crumbs

2 tablespoons grated American or Parmesan cheese

Bake at 350°F 15 to 20 min., or until topping is lightly browned.

6 servings



Wash and scrub with a vegetable brush

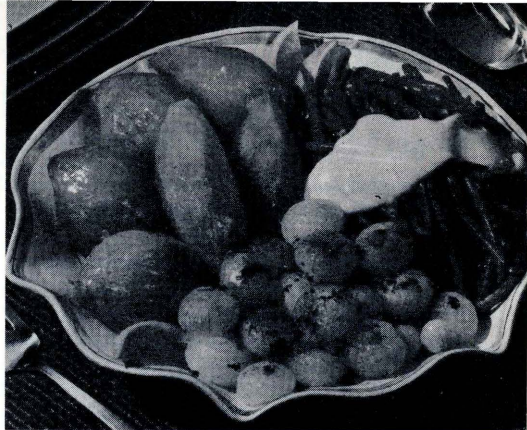
6 medium-size (about 2 lbs.) sweet potatoes or yams

Dry potatoes with absorbent paper. Rub potatoes well with about

1 tablespoon fat

Place potatoes on rack in oven and bake at 375°F 45 to 60 min., or until potatoes are soft when pressed with the fingers (protected from heat by paper napkin).

Remove potatoes from oven. To make each potato more mealy, gently roll potatoes back and forth on a flat working surface.



Lemon-Buttered Sweet Potatoes, beans with Hollandaise Sauce and onions

Cut a small cross in skin of each potato. Squeeze sides of potato until mealy portion is visible. Top potatoes with

6 tablespoons butter or margarine (1 tablespoon per potato)

Serve immediately.

6 servings

—Lemon-Buttered Sweet Potatoes

Follow Δ Recipe. While potatoes are baking, blend together **½ cup butter or margarine**, melted, **2 tablespoons lemon juice**, **½ teaspoon salt**, **¼ teaspoon monosodium glutamate** and **⅛ teaspoon pepper**. Keep mixture warm.

Peel baked sweet potatoes and cut into halves or leave whole. Place in a baking dish and pour lemon-butter mixture over potatoes. Return to oven and bake 5 to 10 min. Spoon lemon-butter (in baking dish) over potatoes several times.

—Baked Filled Sweets

Follow Δ Recipe. While potatoes are baking, panbroil (page 27) **12 (about ¾ lb.) pork sausage links**. Set aside to drain on absorbent paper and keep warm.

To heat potato masher, food mill or ricer and a mixing bowl, scald them with boiling water.

Cut large baked potatoes into halves lengthwise. Or cut a thin slice from each small potato. With a spoon, scoop out inside without breaking skin. Mash or rice potatoes thoroughly. Whip in until potatoes are light and fluffy, **½ cup hot orange juice** (adding gradually), **3 tablespoons butter or margarine** and a

mixture of 2 tablespoons **brown sugar**, 1 teaspoon grated **orange peel** (page 4), $\frac{3}{4}$ teaspoon **salt**, $\frac{1}{2}$ teaspoon **cinnamon** and $\frac{1}{4}$ teaspoon **monosodium glutamate**. Whip potatoes until light and fluffy. Pile mixture lightly into potato shells, leaving surfaces uneven. Top each filled potato with two sausage links.

Bake 8 to 10 min. longer, or until potatoes reheat and brown lightly.

Sweet Potato Pone

Grease a $1\frac{1}{2}$ -qt. baking dish. Heat water for hot water bath (page 5).

Wash, pare, cover with cold salted water and set aside

4 medium-size (about $1\frac{1}{2}$ lbs.) sweet potatoes or yams

Cream until butter or margarine is softened

$\frac{2}{3}$ cup butter or margarine

1 teaspoon grated lemon peel
(page 4)

1 teaspoon grated orange peel
(page 4)

$\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ teaspoon nutmeg

$\frac{1}{2}$ teaspoon cinnamon

$\frac{1}{2}$ teaspoon cloves

Add gradually, creaming until fluffy after each addition

$\frac{1}{2}$ cup firmly packed brown sugar

Add in thirds, beating thoroughly after each addition

4 eggs, well beaten

Stir in a mixture of

1 cup milk

$\frac{1}{3}$ cup molasses

Set aside while grating sweet potatoes.

Drain sweet potatoes and grate using medium-size grater (about 5 cups, grated).

Blend grated potatoes into liquid mixture. Turn into baking dish.

Bake in the hot water bath at 350°F about 1 hr., or until top is crusty and lightly browned.

6 servings

French Fried Potatoes

▲ Base Recipe

Method 1—About 20 min. before ready to deep-fry, fill a deep saucepan one-half to two-thirds full with

Hydrogenated vegetable shortening, all-purpose shortening, lard or cooking oil for deep-frying

Heat fat slowly to 300°F (page 6).

Meanwhile, wash and pare

6 medium-size (about 2 lbs.) potatoes

Cut potatoes with knife or fancy cutter. Trim off sides and ends to form large blocks. Cut lengthwise into $\frac{3}{8}$ -in. slices; stack evenly. Cut lengthwise into sticks about $\frac{3}{8}$ in. wide. Pat dry with absorbent paper.

Fry about 1 cup at a time in hot fat until potatoes are transparent but not browned. Remove from fat and drain on absorbent paper.

Just before serving, heat fat to 360°F. Return potatoes to fat, frying 1 cup at a time. Fry until crisp and golden brown. Drain on absorbent paper. Sprinkle with

Salt

Serve immediately or keep warm in 300°F oven.

6 servings

Method 2—Heat fat to 360°F. Prepare potatoes as in Method 1 and deep-fry until tender and golden brown.

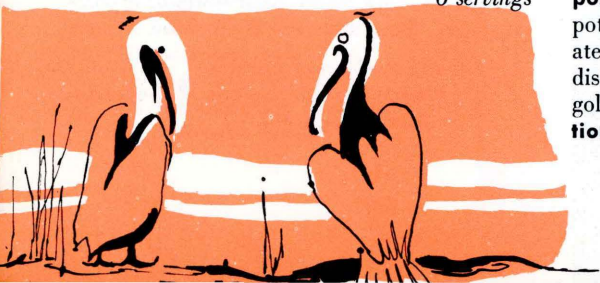
—Cheese French Fries

Follow Δ Recipe; omit sprinkling with salt.

Set oven temperature control at 350°F Toss hot potatoes in a mixture of $\frac{1}{3}$ cup grated **Parmesan cheese**, $\frac{1}{4}$ teaspoon **salt** and $\frac{1}{4}$ teaspoon **monosodium glutamate**. Place on a baking sheet. Sprinkle with **onion** or **garlic salt** if desired. Reheat potatoes in oven.

—Sweet Potato Chips

Follow Δ Recipe, Method 2; substitute **sweet potatoes** or **yams** for potatoes. Cut sweet potatoes evenly into thin slices; place immediately into a pan of ice and water to prevent discoloring. Deep-fry 2 to 3 min., or until golden brown. Sprinkle with **salt** or **confectioners' sugar**.





SALADS

No Creole dinner is complete without a delicious salad subtly seasoned with various spices and French dressing. (Creole cooks use a mayonnaise dressing for meat salads only.) Here are salads that will bring a touch of Creole elegance to your dinner table.

Crab-Stuffed Artichoke Salad

Prepare and cook

4 medium-size artichokes (page 41)

Drain artichokes upside down so all the water can run out. Cut off remainder of stem. Open leaves of artichokes and pull out center leaves. Using a spoon, remove and discard the choke or fuzzy part in center. Scrape pulp from center leaves and reserve for stuffing. Chill in refrigerator until ready to stuff.

For Crab Stuffing—Drain, remove and discard bony tissue and separate contents of

1 6½-oz. can crab meat (about ¾ cup)

Lightly toss together until crab meat is well coated with mayonnaise, crab meat, reserved artichoke pulp and

¼ cup chopped celery (page 5)

¼ cup chopped pimiento-stuffed olives

¼ cup minced onion (page 5)

¼ cup mayonnaise

and a mixture of

½ teaspoon salt

½ teaspoon monosodium glutamate

¼ teaspoon pepper

2 or 3 drops Tabasco

Cover, put into refrigerator to chill about 1 hr.

Crab-Stuffed Artichoke Salad



Carefully spoon chilled stuffing into "cup" formed by outer leaves and heart of artichoke.

Serve stuffed artichokes on individual salad plates. Spoon mayonnaise into lettuce cups and serve with salad. Or accompany with individual portions of **French Dressing** (page 47) in which to dip the artichoke leaves. Top artichokes, one slice on each, with

4 lemon slices

For directions on how to eat artichokes see Cooked Artichokes, page 41. *4 servings*

Vegetable Patch Salad

At least once a day fresh greens are washed, dried and chilled and the Creole salad bowl is rubbed with garlic. Simple salads with sharply seasoned French dressings are the Creoles' delight. Creoles also hold dearly to the idea of tossing these salads at the table—no salad of greens should wait for the guest.

Cut out core and discard bruised and wilted leaves from

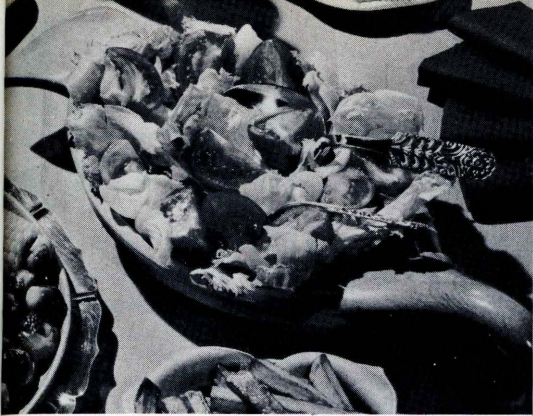
1 large head lettuce

Rinse with cold water, drain and pat dry with a soft clean towel or absorbent paper. Store in a plastic bag or in vegetable compartment in refrigerator.

Other salad greens that can be used, alone or in combination, are chicory, water cress, small dandelion greens, chervil, parsley or curly endive. Wash thoroughly in cold water, drain and pat dry with a soft clean towel or absorbent paper. Store and chill as for head lettuce.

Prepare and chill in refrigerator

French Dressing or one of the variations (page 47)



Vegetable Patch Salad

(It is a wise idea to prepare several dressings and store them in the refrigerator. Make use of them in other food preparation and for variety in tossed salads.)

Just before serving salad, rub a wooden salad bowl with

1 clove garlic, cut in halves (page 5)

Tear chilled lettuce or other greens into bite-size pieces. Put into salad bowl. Pour about 6 tablespoons dressing over lettuce. Lightly toss the lettuce until it is well coated with the dressing and no liquid remains on the bottom of the bowl.

Other fresh vegetables such as **green pepper** strips, **tomato** chunks, **radish**, **cucumber** and **onion** slices frequently share the limelight with the crisp greens.

Cooked vegetables such as **green beans**, **cauliflower**, **beets**, **asparagus** or **artichokes** are used. Sometimes alone, sometimes in combination with cooked or fresh vegetables, the Creoles toss them with their favorite French dressing.

About 6 servings, depending upon size of lettuce head

French Dressing

▲ Base Recipe

Combine in a screw-top pint jar

- $\frac{3}{4}$ cup salad oil
- $\frac{1}{4}$ cup lemon juice or vinegar
- 1 tablespoon sugar
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon paprika
- $\frac{1}{4}$ teaspoon dry mustard
- $\frac{1}{4}$ teaspoon pepper

Cover tightly and shake vigorously. Store covered in refrigerator.

Shake well before using.

About 1 cup dressing

Note: The electric blender may be used for mixing French Dressing or any of the variations. Put all ingredients into the blender container, cover and blend until thoroughly mixed.

—Garlic French Dressing

Follow Δ Recipe. Cut into halves 1 clove **garlic** (page 5) and add to completed dressing. Chill dressing about 12 hrs. to allow flavors to blend. Remove garlic before serving.

—Roquefort French Dressing

Follow Δ Recipe. Crumble 3 oz. **Roquefort** or **Blue cheese** (about $\frac{1}{2}$ cup, crumbled) and blend with completed dressing.

—Tomato French Dressing

Follow Δ Recipe. Add 2 tablespoons **ketchup** and 1 teaspoon **Worcestershire sauce** with seasonings. Finely chop $\frac{1}{4}$ **green pepper** (page 5) and blend with completed dressing.

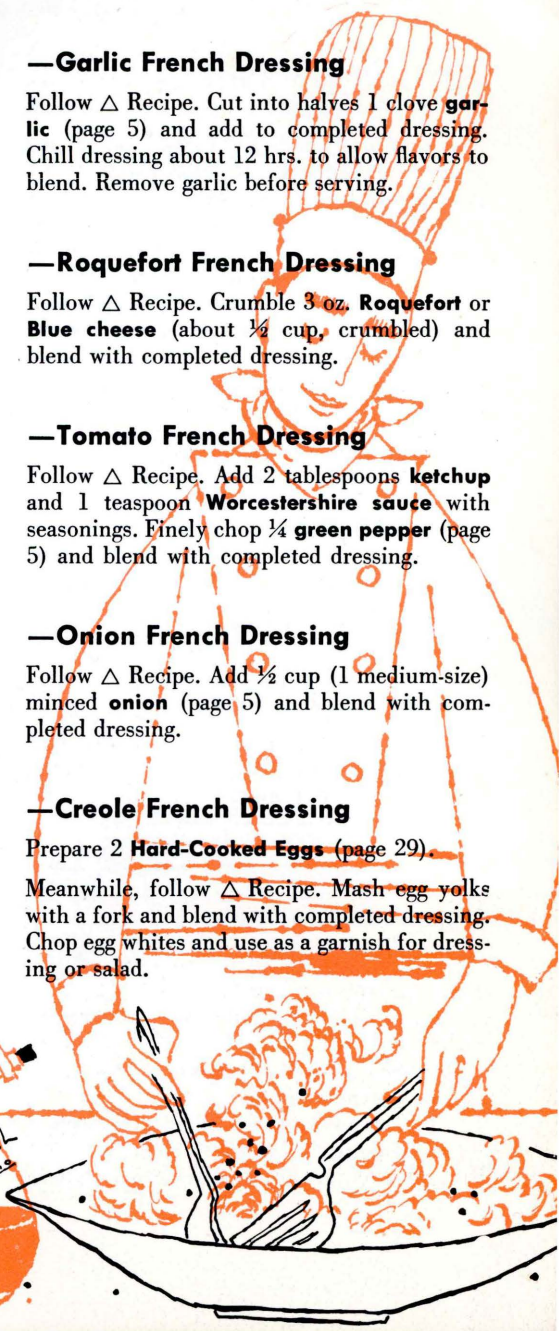
—Onion French Dressing

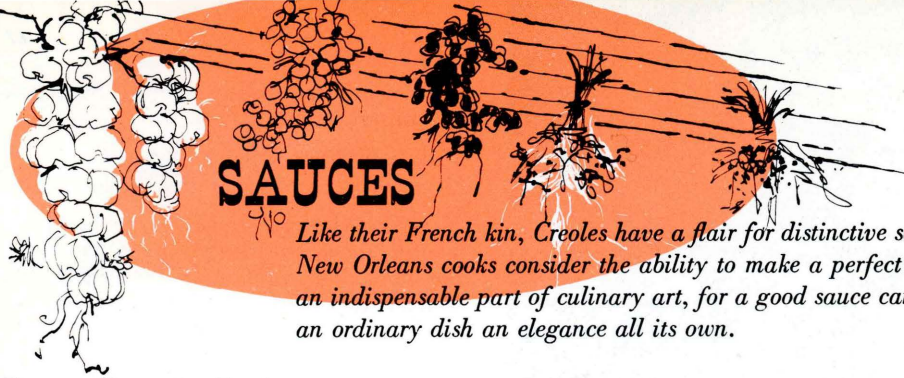
Follow Δ Recipe. Add $\frac{1}{2}$ cup (1 medium-size) minced **onion** (page 5) and blend with completed dressing.

—Creole French Dressing

Prepare 2 **Hard-Cooked Eggs** (page 29).

Meanwhile, follow Δ Recipe. Mash egg yolks with a fork and blend with completed dressing. Chop egg whites and use as a garnish for dressing or salad.





SAUCES

Like their French kin, Creoles have a flair for distinctive sauces. New Orleans cooks consider the ability to make a perfect sauce an indispensable part of culinary art, for a good sauce can give an ordinary dish an elegance all its own.

Brown Roux or Paste

▲ Base Recipe

Many of the wonderful Creole sauces and gravies are thickened and flavored with a roux (pronounced roo), a blended mixture of flour and fat. The fat used varies from recipe to recipe and from cook to cook. Brown Roux is used for highly seasoned sauces and gravies, while White Roux thickens more delicately flavored sauces. Use 2 to 3 tablespoons roux to thicken 1 cup of liquid for a medium sauce consistency. Heat roux in a skillet and gradually blend in liquid. Complete as directed.

Melt in a heavy saucepan or skillet

1 cup fat or meat drippings

Blend in with a fork or wire whisk

1½ cups all-purpose flour

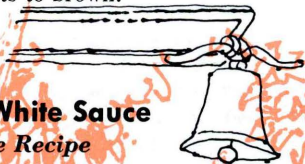
Place over low heat. Heat until mixture bubbles and is lightly browned, stirring constantly.

Cover and store in refrigerator.

About 1½ cups roux

—White Roux or Paste

Follow △ Recipe. Stir only until mixture bubbles. Remove roux from heat immediately before it starts to brown.



Medium White Sauce

▲ Base Recipe

Melt in a saucepan over low heat

2 tablespoons butter or margarine

Blend in

2 tablespoons all-purpose flour

¼ teaspoon salt

¼ teaspoon monosodium glutamate

Few grains pepper

Heat until mixture bubbles. Remove from heat.

Add gradually, stirring in

1 cup milk

Cook rapidly, stirring constantly, until sauce thickens. Cook 1 to 2 min. longer.

Use for gravies and creamed mixtures.

About 1 cup sauce

Note: Quick Chicken Broth (page 5) may be substituted for the milk.

—Thick White Sauce

Follow △ Recipe. Use 3 to 4 tablespoons flour and 3 to 4 tablespoons butter or margarine. Use in preparation of soufflés and croquettes.

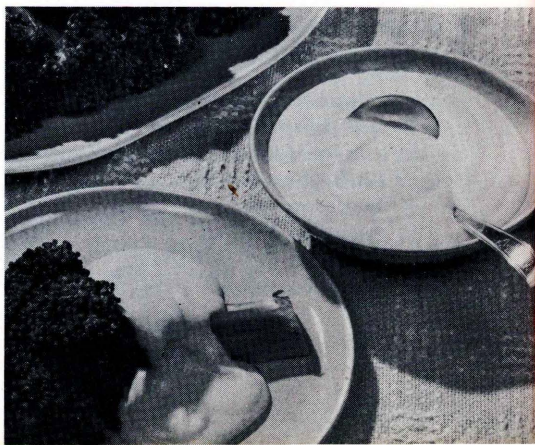
—Thin White Sauce

Follow △ Recipe. Use 1 tablespoon flour and 1 tablespoon butter or margarine. Use as a base for cream soups.

—Cheese Sauce

Follow △ Recipe. Blend in ¼ teaspoon **dry mustard** and a few grains **cayenne pepper** with flour and seasonings. Cool sauce slightly.

Hollandaise Sauce with cooked broccoli



Add, all at one time, $\frac{1}{4}$ cup (1 oz.) grated **Cheddar cheese** or **process cheese food**. Heat slowly, stirring constantly, until the cheese has melted.

—Tomato Sauce

Follow Δ Recipe. When fat-flour mixture bubbles, stir in $\frac{1}{4}$ cup minced **onion** (page 5). Continue cooking, stirring constantly, until mixture is lightly brown. Substitute **tomato juice** for milk. Add 1 teaspoon **Worcestershire sauce** or few drops **Tabasco**.

Mornay Sauce

Melt in top of double boiler over low heat

3 tablespoons butter or margarine

Blend in

3 tablespoons all-purpose flour

Heat until mixture bubbles. Remove from heat and add gradually, stirring

**$\frac{3}{4}$ cup cold White Stock (page 13),
Consommé (page 13) or Quick
Chicken Broth (page 5)**

$\frac{3}{4}$ cup cream

Return to heat and bring rapidly to boiling, stirring constantly; cook 1 to 2 min. longer. Remove from heat and vigorously stir about 3 tablespoons of sauce into

2 egg yolks, slightly beaten

Immediately return mixture to double boiler. Cook over simmering water 3 to 5 min. Stir slowly to keep mixture cooking evenly. Cool slightly. Add all at one time and blend in until cheese is melted

**$\frac{1}{3}$ cup grated Parmesan or finely-cut
Gruyère cheese**

1 tablespoon butter

Serve hot.

About 2 cups sauce

Hollandaise Sauce

Δ Base Recipe

Set out a small double boiler.

In the top of the double boiler, beat with a whisk beater until thickened and light colored

2 egg yolks

2 tablespoons cream

Blend in

$\frac{1}{4}$ teaspoon salt

Few grains cayenne pepper

Place over simmering water. (Bottom of double boiler top should not touch water.)

Add gradually, while beating constantly

**2 tablespoons lemon juice or tarragon
vinegar**

Cook over low heat, beating constantly with the whisk beater until sauce is the consistency of thick cream. Remove double boiler from heat, leaving top in place. Beating constantly, add to egg yolk mixture, $\frac{1}{2}$ teaspoon at a time

$\frac{1}{2}$ cup butter or margarine

Beat with whisk beater until butter or margarine is thoroughly blended into the mixture.

Serve over eggs, cooked vegetables or fish.

If necessary, this sauce may be kept warm 15 to 30 min. by setting it over hot water. Stir occasionally. Cover tightly.

About 1 cup sauce

—Béarnaise Sauce

Follow Δ Recipe. Bruise 1 **peppercorn** and add with the salt. Blend in, after the butter, 3 tablespoons finely chopped fresh herbs such as **tarragon, chervil, shallots** (or **green onion** or **chives**) and **parsley**.

Spicy Cranberry Sauce

Δ Base Recipe

Combine in a saucepan and heat to boiling

1 cup sugar

1 cup water

1 3-in. piece stick cinnamon

$\frac{1}{8}$ teaspoon salt

Boil uncovered for 5 min. Add

**2 cups (about $\frac{1}{2}$ lb.) cranberries,
sorted and washed**

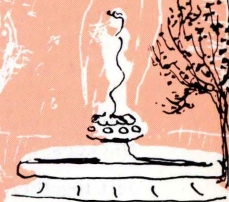
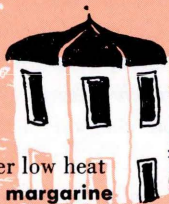
Continue to boil uncovered without stirring about 5 min., or until skins of cranberries pop open. Cool and remove stick cinnamon.

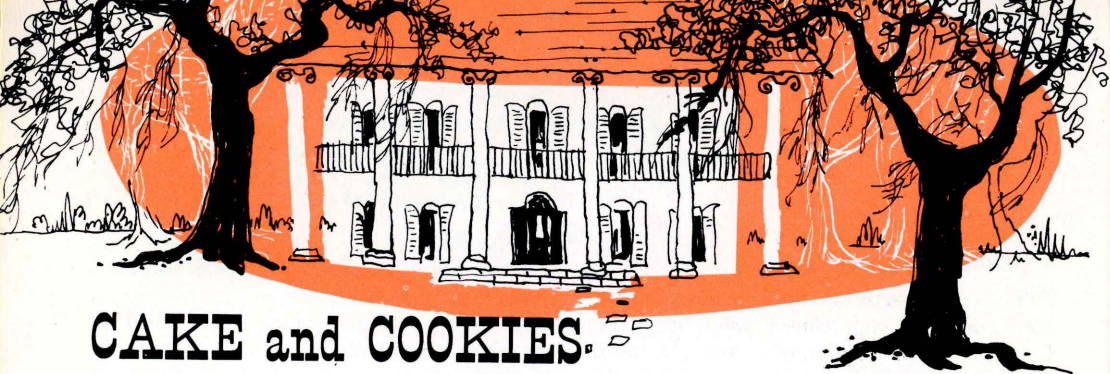
Serve with poultry or meat.

About 2 cups sauce

—Cranberry Sauce

Follow Δ Recipe. Omit stick cinnamon.





CAKE and COOKIES.

For the cookie selection of this book we have reached boldly outside of Creole tradition, taken a cue from the international atmosphere of the Crescent City, and made our choice a cosmopolitan one. We have, of course, included some of the little masterpieces of French baking, and you will find them here in gay and compatible company with cookies of other nations.

Creole Chocolate Cake

Spread the chocolate layers with creamy vanilla filling and swirl chocolate frosting around and over the cake—a chocolate temptation!

Prepare (page 6) three 9-in. round layer cake pans. Set out double boiler.

Prepare (page 5)

1½ cups coffee beverage

Combine in top of double boiler coffee beverage and

6 sq. (6 oz.) chocolate, grated

Cook over simmering water, stirring constantly, until chocolate is melted and mixture thickens. Set aside to cool.

Sift together and set aside

4 cups sifted cake flour

1½ teaspoons baking soda

1 teaspoon baking powder

1 teaspoon salt

Cream until butter or margarine is softened

1 cup butter or margarine

2½ teaspoons vanilla extract

Add gradually, creaming until fluffy after each addition

3 cups firmly packed brown sugar

Add in thirds, beating thoroughly after each addition

4 eggs, well beaten

Measure

¾ cup sour milk

Beating only until smooth after each addition, alternately add dry ingredients in fourths,

milk in thirds to creamed mixture. Stir in chocolate mixture. Finally beat only until batter is smooth (do not overbeat). Turn batter into pans.

Bake at 375°F 30 to 35 min., or until cake tests done (page 6). Cool and remove from pans as directed (page 6).

Three 9-in. round cake layers

Fancy Scotch Shortbread

(See center color photo)

▲ Base Recipe

Set out a 15½x10½x1-in. jelly roll pan.

Cream until softened

1 cup butter

Add gradually, creaming until fluffy after each addition

½ cup sugar

Add gradually, beating until well blended (mixture will be crumbly)

3½ cups sifted all-purpose flour

Turn dough into pan. Using a spatula, carefully spread, press and level cookie dough to fit pan.

Bake at 325°F 45 min., or until light, golden brown. Remove from oven and immediately cut with cookie cutter into crescents or other interesting shapes. (Shortbread must be cut into shapes while hot.) Cool cookies in pan placed on cooling racks. When cool, remove

from pan and sprinkle the shapes lightly with
Sifted confectioners' sugar

2 to 3 doz. cookies, depending upon size and shape

Note: For fancy shapes, patterns can be prepared from a piece of waxed paper. After shortbread is baked, remove from oven, lay waxed paper pattern over shortbread, and with a sharp knife cut carefully around the pattern.

—Almond-Glazed Shortbread

(See center color photo)

Follow Δ Recipe. Bake shortbread 35 min. Meanwhile, prepare glaze. Mix together 2 tablespoons **almond paste**, 1 tablespoon **brown sugar** and 2 drops **lemon extract**. Add gradually and stir in enough **egg white** to make a thin paste.

Remove shortbread from oven and drop $\frac{1}{4}$ teaspoon or less of glaze at intervals onto baked dough. (Space so that the glaze will add a flavorful and decorative touch at the center of each cookie.) Spread glaze slightly.

Place in oven again; bake 10 to 12 min., or until glaze is crisp and shortbread is light, golden brown. Remove from oven and cut into fancy shapes. Cool as directed in Δ Recipe.

—Shortbread Sensations

(See center color photo)

Follow Δ Recipe. Bake 25 min.

Meanwhile, prepare dough for **Frosted Almond Leaf Cookies** (page 54). Remove shortbread from oven. Put **semi-sweet chocolate pieces** about 2 in. apart on top of shortbread. Force almond cookie mixture through pastry bag and No. 27 star decorating tube into rings around chocolate pieces.

Place in oven again; bake 18 to 20 min., or until almond ring is slightly browned and shortbread is light, golden brown. Cut into fancy clover shapes, so that a chocolate piece is in the center of each cookie. Cool as directed in Δ Recipe.



Spritz Cookies

(See center color photo)

Δ Base Recipe

Set out cookie sheets.

Sift together and set aside.

$2\frac{1}{2}$ cups sifted all-purpose flour

$\frac{1}{8}$ teaspoon salt

Cream until butter is softened

1 cup butter

1 teaspoon vanilla extract

Add gradually, creaming until fluffy after each addition

$\frac{1}{2}$ cup sugar

Thoroughly beat in, one at a time

2 egg yolks

Add dry ingredients in fourths, blending thoroughly after each addition.

Fill a cookie press about two-thirds full with dough. According to manufacturer's directions, form cookies of varied shapes directly onto cookie sheets.

Bake at 350°F 12 to 15 min., or until cookies are golden yellow.

Carefully remove cookies to cooling racks with spatula; cool completely.

For Variety—(Jelly) Before baking make a small depression at center of some cookies and spoon $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon **jelly** onto centers of cookies. *(Nuts)* Lightly brush slightly beaten **egg white** over unbaked cookies and sprinkle each with about $\frac{1}{2}$ teaspoon finely chopped **pistachios**. *(Spritz Sandwiches)* Lightly spread **jam** or **jelly** on bottom of some cookies. Cover with cookies of same shape to form sandwiches. *(Confectioners' Sugar)* Lightly sift **confectioners' sugar** over baked and cooled cookies.

About 6 doz. cookies

—Chocolate Spritz Cookies

(See center color photo)

Put 6 tablespoons **cocoa** into a small bowl. Add gradually, blending until smooth, $\frac{1}{4}$ cup boiling **water**. Set aside to cool.

Follow Δ Recipe; blend in the cooled cocoa mixture after addition of the egg yolks.





Coconut Jewels (See center color photo)

▲ Base Recipe

Creole cookie jars are often filled (but not for long) with scrumptious coconut cookies.

Set out cookie sheets.

Prepare (but do not roll) and set aside to chill, dough for

Vanilla Tea Rounds (page 53)

Chop very fine

2 cups moist, shredded coconut (yields 2½ cups, very finely chopped)

Put chopped coconut into a 2-qt. saucepan with

¾ cup (about 6) egg whites, unbeaten

1 cup sugar

1 tablespoon cornstarch

¼ teaspoon almond extract

Mix thoroughly. (If mixture is too heavy, add a little more egg white.) Place over very low heat and stir constantly, being careful to keep temperature of mixture below 150°F.

Remove mixture from heat and cool to room temperature.

Meanwhile, remove amount of chilled dough needed for a single rolling and return remainder to refrigerator. Roll dough about ¼ in. thick and with a 2-in. fluted cookie cutter, cut out the dough. Place cookies on ungreased cookie sheets.

Cut into halves and set aside

21 (about 1½ oz.) candied cherries

When coconut mixture is cooled, force mixture through pastry bag and a No. 7 star tube to form a ring on fluted cookie rounds. Place cherry half in center of each coconut ring.

Bake at 350°F 20 to 25 min., or until delicately browned. Remove with spatula to cooling rack.

About 3½ doz. cookies

—Coconut Macaroons De Luxe

Follow △ Recipe. Cover cookie sheets with unglazed paper. Omit the dough for Vanilla Tea Rounds. Force coconut mixture through pastry bag and tube or drop by teaspoonfuls directly onto unglazed paper. Top with cherry half and bake as directed.

Butter Pecan Cookies

(See center color photo)

What could be more distinctively Creole than butter-rich cookies with nut-sweet pecans!

Set out cookie sheets.

Set out

½ cup (about 2 oz.) pecan halves

Sift together and set aside

2 cups sifted all-purpose flour

¼ teaspoon salt

Cream until butter is softened

1 cup butter

1½ teaspoons vanilla extract

½ teaspoon almond extract

Add gradually, creaming until fluffy after each addition

1 cup sifted confectioners' sugar

Blending thoroughly after each addition, add dry ingredients in fourths to creamed mixture.

Shape dough into 1-in. balls. Place about 2 in. apart on cookie sheets. Using back of spoon or spatula, flatten balls to form cookie rounds.

Blend thoroughly

2 egg yolks, slightly beaten

1 tablespoon cream

Brush lightly onto tops of cookies. Press one pecan half onto center of each cookie.

Bake at 400°F 10 to 12 min., or until very lightly browned.

Using a spatula, immediately remove cookies to cooling racks; cool completely.

About 3½ doz. cookies



Spicy Cinnamon Towers

(See center color photo)

▲ Base Recipe

Build tempting little towers of flavor and fragrance—these Spicy Cinnamon Towers.

Set out cookie sheets.

Sift together and set aside

2¼ cups sifted all-purpose flour

1½ teaspoons baking powder

1 teaspoon cinnamon

¼ teaspoon salt

Cream until butter or margarine is softened

½ cup butter or margarine

Add gradually, creaming until fluffy after each addition

¾ cup sugar

Add and beat well

1 egg, beaten

1 tablespoon milk

Add dry ingredients gradually, blending thoroughly after each addition. Chill in refrigerator several hours, or until dough is firm enough to roll easily.

Remove amount of dough needed for a single rolling and return remainder to refrigerator. Roll dough on a lightly floured surface, not more than ¼ in. thick. Using lightly floured fluted cookie cutters that are 2 in., 1¼ in. and ¾ in. in diameter, cut out an equal number of cookies of the three varying sizes. Place cookies of one size on the same cookie sheet.

Bake at 425°F 5 to 7 min.

Using a spatula, immediately and carefully remove cookies to a cooling rack. Cool them completely.

Note: Keeping cookies of one size together speeds up the job of assembling cookie towers.

Set out

¼ to ½ cup apple butter

Use largest cookies for the base of cookie towers. Spoon ¼ to ½ teaspoon apple butter onto center. Top with medium-size cookies. Spoon apple butter onto centers and top with smallest cookies.

Set cookie towers onto waxed paper. Sift lightly over all cookies

Confectioners' sugar

About 2½ doz. cookie towers



—Almond-Strawberry Towers

(See center color photo)

Follow Δ Recipe. Cut an equal number of cookies with 2-in. fluted cookie cutter and with 1¼-in. round cookie cutter; omit the ¾-in. cookies. Sprinkle smaller unbaked cookies with crushed **rock candy**. Bake as directed. Substitute **strawberry jelly** for apple butter. Place a dot of jelly on center of each

candy-sprinkled cookie; top with whole blanched (page 4) **almond**.

—Vanilla Tea Rounds

(See center color photo)

Follow Δ Recipe. Decrease flour to 2 cups. Omit cinnamon. Add 1 teaspoon **vanilla extract** to butter or margarine and cream together. Cut out cookies with fluted cookie cutters. Serve plain or sprinkle with sifted confectioners' sugar. Or assemble cookies into towers if desired.



Macaroons

(See center color photo)

A long-time favorite in France, almond macaroons are equally popular in New Orleans.

Line the bottom of two baking sheets with unglazed paper.

Measure and force a little at a time through a sieve into a bowl

1 cup (½ lb.) almond paste

Add gradually, stirring until smooth after each addition

⅓ cup (about 3) egg whites, unbeaten
(Slightly more or less egg white may be needed, depending upon moisture of almond paste.)

Blend in

¾ teaspoon vanilla extract

¼ teaspoon yellow food coloring

Blend a little at a time into almond paste a mixture of

½ cup sugar

½ cup sifted confectioners' sugar

Mix thoroughly. The mixture should be thick enough to hold its shape but must not be stiff. Drop by teaspoonfuls onto baking sheet. Flatten top of each macaroon with spatula or back of spoon. Sift over macaroons

Confectioners' sugar

Bake at 300°F about 25 min.

Remove from oven and slightly moisten underside of paper directly under each macaroon. Using a spatula, immediately remove to cooling rack; cool completely.

About 3 doz. 1½-in. Macaroons



Frosted Almond Leaf Cookies

(See center color photo)

Unique, intriguing, the conversation piece of the cookie assortment—a crisp, thin leaf with a flavor combination of almond and chocolate.

Generously grease cookie sheets.

For Cookies—Sift together and set aside

1¼ cups sifted all-purpose flour

1 cup sifted confectioners' sugar

¼ teaspoon salt

Measure and force a little at a time through a sieve into a bowl

¾ cup (6 oz.) almond paste

Add gradually and work in with back of wooden spoon

3 tablespoons cold water

⅓ teaspoon almond extract

Mix in

1 egg white, unbeaten

Mixing until blended, add dry ingredients in fourths to almond paste mixture.

Turn out onto a pastry cloth sprinkled with

Sifted confectioners' sugar

Roll dough about ⅛ in. thick. Cut out cookies with leaf-shaped cookie cutter or with sharp knife around waxed paper pattern. (Leaf should be 4½x2½ in.) With a spatula, remove to cookie sheets.

Bake at 350°F 5 to 6 min., or until cookies are delicately browned.

With a spatula, immediately remove cookies to cooling rack; cool completely.

Meanwhile, prepare Chocolate Frosting.

For Chocolate Frosting—Melt (page 5)

1 sq. (1 oz.) chocolate

Remove from simmering water; add and mix in thoroughly

¾ cup sifted confectioners' sugar

1 tablespoon cream

2 teaspoons boiling water

1 teaspoon dark corn syrup

1 teaspoon butter

Place over low heat and stir until butter melts. Remove from heat and stir in

½ teaspoon vanilla extract

Spread thinly on leaf cookies. Let frosting partially set and with the point of a knife mark veins in leaves. If necessary, place in refrigerator just long enough to set chocolate.

About 2½ doz. frosted cookies

Caramel Pudding Cookies

(See center color photo)

▲ Base Recipe

Line with paper baking cups or lightly grease bottoms of 3 doz. 1¼-in. muffin pan wells.

Melt in a small saucepan and set aside to cool slightly

3 tablespoons butter or margarine

Finely chop and set aside

1 cup (3¾ oz.) pecans

Sift together and set aside

⅓ cup sifted all-purpose flour

¼ teaspoon baking soda

¼ teaspoon salt

Beat with hand rotary or electric beater until thick and piled softly

2 eggs

¼ cup firmly packed brown sugar

¼ cup sugar

Blend in cooled butter or margarine and

2 tablespoons milk

1 teaspoon vanilla extract

Add dry ingredients and blend in quickly. Stir in chopped pecans. Fill paper baking cups or muffin pan wells one-half full.

Bake at 375°F 10 to 12 min., or until tops of cookies spring back when touched lightly. Immediately remove from muffin pan wells and set on cooling racks; cool completely.

Meanwhile, prepare

Chocolate Butter Frosting (page 62)

To decorate the tops of cookies, force frosting through a pastry bag and a No. 27 star decorating tube forming a swirl. Sprinkle with finely chopped **pistachio nuts**. *3 doz. cookies*



—Chocolate Pecan Miniatures

Follow ▲ Recipe. Decrease butter or margarine to 2 tablespoons. Melt (page 5) 1 sq. (1 oz.) **chocolate** with the butter.

DESSERTS



Each visitor feels at home in New Orleans with its picturesque streets, quaint old buildings and elegant food. Dinner guests in a Creole home usually are offered a simple dessert. Elaborate sweets are served to afternoon and evening visitors.

Apple Fritters

▲ Base Recipe

Make a fritter batter and you are making "La Pâte à Beignets," the name given it by the Creoles. When young members of the household show their enthusiasm towards the "maker of fritters" with endearing words, they are practicing the policy of the Creole children. Results—golden brown "beignets" coated with sugar and eyes filled with appreciation and delight.

About 20 min. before deep-frying, fill a deep saucepan one-half to two-thirds full with

**Hydrogenated vegetable shortening,
all-purpose shortening, lard or
cooking oil for deep-frying**

Heat fat slowly to 375°F (page 6).

For Apples—Wash, quarter, core and pare

3 medium-size (about 1 lb.) tart apples

Cut apples into lengthwise wedges $\frac{1}{4}$ in. thick. Put into a bowl and toss carefully with

$\frac{1}{4}$ cup sifted confectioners' sugar

$\frac{1}{4}$ cup lemon juice

Set aside while preparing Fritter Batter.

For Fritter Batter—Sift together into a bowl and set aside

1 cup sifted all-purpose flour

1 tablespoon sugar

$\frac{1}{4}$ teaspoon salt

Melt and set aside to cool

1 tablespoon butter or margarine

Beat until thick and lemon colored

2 egg yolks

Beat in until blended

$\frac{1}{2}$ cup water

**2 tablespoons orange juice, brandy
or rum**

Blend in cooled butter or margarine.

Make a well in center of dry ingredients. Pour in liquid mixture all at one time and blend just until batter is smooth. Set aside while beating egg whites.

Beat until rounded peaks are formed

2 egg whites

Gently fold (page 5) egg whites into batter.

For Fritters—Drain apple slices. Coat slices by rolling in a shallow pan containing

$\frac{1}{4}$ cup all-purpose flour

Using a large fork or slotted spoon, dip apple slices into batter and coat evenly. Drain excess batter from apple slices before deep-frying. Deep-fry only as many fritters at one time as will float uncrowded one layer deep in the heated fat. Turn fritters with a fork as they rise to surface of fat and several times during cooking (do not pierce). Deep-fry about 2 min., or until golden brown. Drain fritters over fat for a few seconds before removing to absorbent paper.

Sift over fritters

**Vanilla Confectioners' Sugar
(page 62)**

Serve immediately.

About 6 servings

—Banana Fritters

Follow Δ Recipe; substitute 4 medium-size **bananas** with all-yellow peel for apples. Peel bananas, cut lengthwise into halves and cut each half into thirds.

—Apricot Fritters

Follow Δ Recipe; substitute 2 cups (about $\frac{3}{4}$ lb.) **dried apricots** for apples.

New Orleans Holiday Pudding

Tempting cups of hot coffee accompany New Orleans Pudding to make a memorable treat.

Set out a 9- or 10-in. tubed pan and a 3-qt. saucepan having a cover.

Chill in refrigerator a bowl, rotary beater and

1½ pts. whipping cream

Meanwhile, pour into the saucepan

3 cups water

Add to the water

1¼ cups (about ½ lb.) prunes

1 cup (about 6 oz.) dried apricots

Bring to boiling; cover and simmer about 20 min., or until fruit is tender.

Bring to boiling in a small saucepan

2 cups water

Add and bring water again to boiling

1½ cups (about 7½ oz.) golden raisins

Drain raisins and put into a large bowl with

1 lb. (about 2¼ cups) candied cherries

⅓ cup (about 2 oz.) diced candied citron

⅓ cup (about 2 oz.) diced candied lemon peel

Set fruit mixture aside.

Turn prune-apricot mixture into colander or large sieve to drain. Reserve liquid in a measuring cup (add water if needed to yield 1½ cups liquid); set aside to cool. Pit prunes.

Force prune-apricot mixture through sieve or food mill into the saucepan to make a purée. Stir in until sugar is dissolved a mixture of

1 cup sugar

1 teaspoon cinnamon

1 teaspoon nutmeg

1 teaspoon allspice

Blend into candied fruit mixture with

1 cup orange juice

3 tablespoons brandy

Cover and set aside for about 1½ hrs., stirring occasionally.



New Orleans Holiday Pudding and coffee

Lightly oil with salad or cooking oil (not olive oil) the tubed pan. Set it aside to drain.

Coarsely chop and set aside

1½ cups (about 6 oz.) walnuts

Pour into a heavy saucepan

1½ cups cold reserved prune-apricot liquid

Sprinkle evenly over liquid

3 env. unflavored gelatin

Set saucepan over low heat and stir constantly until gelatin is completely dissolved. Blend the dissolved gelatin into the fruit mixture. Mix in the chopped walnuts. Set mixture in refrigerator while whipping cream.

Pour one-third of chilled whipping cream into the chilled bowl. Beat with the chilled rotary beater until cream is of medium consistency (piles softly). Turn whipped cream onto fruit-gelatin mixture.

Beat remaining whipping cream as above and turn onto previously whipped cream. Gently fold (page 5) together, blending thoroughly. Carefully spoon into prepared pan. Chill in refrigerator until firm. Unmold (page 5) onto a large serving plate.

This dessert will keep for several days in the refrigerator.

20 to 24 servings, depending upon size of tubed pan

For Festive Topping (see photo)—Cover bottom of pan with chopped nuts. Reserve 12 cherries and arrange in clusters of three, moving nuts to allow cherries to touch bottom of pan. When spooning mixture over nuts and cherries, gently press mixture over nuts to cover entirely.



Crêpes Suzette

▲ Base Recipe

For Suzette Butter—Cream until butter is softened

6 tablespoons butter

3 tablespoons orange juice or Curaçao

Continue to cream while gradually adding

6 tablespoons confectioners' sugar

Blend thoroughly. If prepared long in advance, cover and store in refrigerator. (Butter should be soft when spread over crêpes.)

For Suzette Sauce—Rub, until flavorful oils are absorbed

6 cubes of loaf sugar

over

1 lemon peel

1 orange peel

Dissolve sugar in

½ cup orange juice, strained

Set aside.

Cream together

½ cup butter

2 tablespoons confectioners' sugar

Store sweetened orange juice and sweetened butter in refrigerator until ready to use.

For Crêpes—Batter may be prepared hours in advance, stored in a cool place and crêpes cooked just before serving. Or crêpes may be cooked in advance and kept warm in a slow oven until served.

Melt in a 6-in. skillet and set aside

2 tablespoons butter

Grate (page 4) and set aside, enough for

1 teaspoon grated orange or lemon peel

Sift together into a bowl and set aside

1 cup sifted all-purpose flour

¼ cup sugar

¼ teaspoon salt

Beat together and blend with the melted butter and grated peel

3 eggs, beaten

1 cup milk

1 tablespoon Curaçao

Combine egg mixture with dry ingredients and beat with rotary beater until smooth.

Heat skillet to moderately hot. Pour in just enough batter to cover bottom. Immediately tilt skillet back and forth to spread batter thinly and evenly. Cook each crêpe over

medium heat until light brown on bottom and firm to touch on top. Loosen edges with spatula. Turn and brown second side. It should be unnecessary to grease skillet for each crêpe.

As each crêpe is cooked, transfer it to a hot platter. Spread generously with Suzette Butter and fold in quarters or roll. When all are cooked, set platter in slow oven to keep crêpes warm while completing the sauce.

In a chafing dish or a large skillet, melt the butter mixture for Suzette Sauce and blend in the sweetened orange juice. Cook until the liquid is reduced. Add the crêpes, a few at a time, until all have absorbed some of the sauce and are well heated.

Heat thoroughly in a small saucepan

⅓ cup brandy

¼ cup Curaçao

2 tablespoons rum or Benedictine

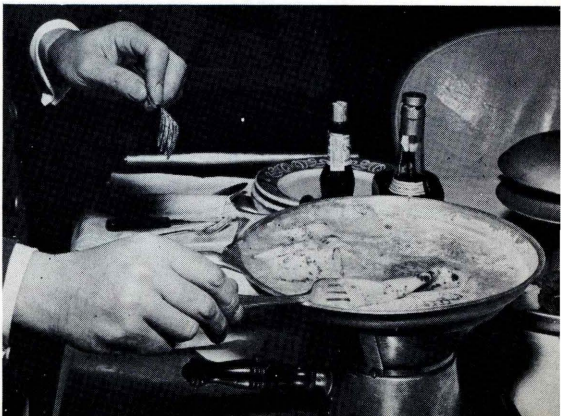
(If preferred, substitute ½ cup Curaçao or ½ cup brandy for mixture.) When hot, ignite (flame) mixture and pour over crêpes. Gently move crêpes in flaming sauce.

Serve while sauce is still flaming. Allow 2 crêpes for each serving. *16 to 18 crêpes*

—Crêpes with Jelly or Jam

Follow △ Recipe for crêpes. Just before serving spread about 2 teaspoons **jelly or jam** on each crêpe. Roll crêpes and serve hot sprinkled with **confectioners' sugar**.

Crêpes Suzette



Blancmange

▲ Base Recipe

Set out a 1-qt. mold.

Scald (page 5)

1½ cups milk

Meanwhile, sift together into a saucepan

½ cup sugar

3 tablespoons cornstarch

½ teaspoon salt

Stir in

½ cup cold milk

Gradually add scalded milk, stirring constantly. Stirring gently and constantly, bring mixture rapidly to boiling over direct heat. Cook 3 min.

Wash double boiler top to remove scum.

Pour mixture into double boiler top; place over simmering water. Cover and cook about 12 min., stirring three or four times.

Meanwhile, lightly oil mold with salad or cooking oil (not olive oil); set aside to drain.

Remove cornstarch mixture from heat. Cool slightly.

Meanwhile, beat until rounded peaks are formed

4 egg whites

Blend into cornstarch mixture

1 teaspoon vanilla extract

Spread beaten egg whites over mixture and fold (page 5) together. Turn into prepared mold and chill in refrigerator until firm.

When ready to serve, unmold (page 5) and serve with fruit or

Sweetened Whipped Cream
(page 62)

4 to 6 servings

—Coconut Blancmange

Follow △ Recipe. Blend in 1 cup finely chopped, moist, shredded **coconut** with extract.

—Fruit Blancmange

Follow △ Recipe. Blend in 1 cup well drained, canned or sweetened fresh **fruit** with extract.

Lime Ice

▲ Base Recipe

A refreshing dessert served by Creole families on hot summer evenings.

Set refrigerator control at colder operating temperature.

Pour into a small cup or custard cup

¼ cup cold water

Sprinkle evenly over water

2 teaspoons unflavored gelatin

Let stand until softened.

Meanwhile, heat until very hot

3 cups water

Remove from heat and immediately stir in softened gelatin until gelatin is completely dissolved. Add, stirring until sugar is dissolved

2 cups sugar

Blend into gelatin mixture

¾ cup lime juice

2 tablespoons lemon juice

2 teaspoons grated lemon peel
(page 4)

To tint desired color, mix in a drop at a time

Green food coloring

Cool. Pour into a refrigerator tray. Freeze until firm (3 to 4 hrs.), stirring 2 or 3 times.

Serve Lime Ice in chilled sherbet glasses.

1 qt. ice

—Apricot Ice

Follow △ Recipe. Decrease hot water to 1½ cups and sugar to 1 cup. Substitute 2 cups **apricot nectar** for lime juice and **orange juice** for lemon juice. Omit food coloring.

—Orange Ice

Follow △ Recipe. Decrease hot water to 2 cups and sugar to 1¼ cups. Substitute 2 cups **orange juice** for lime juice and **orange peel** for lemon peel. Use orange food coloring.

—Raspberry Ice

Follow △ Recipe. Decrease hot water to 2 cups and sugar to ¾ or 1 cup. Omit lime juice, lemon peel and food coloring. Force through fine sieve 1 pt. sorted, rinsed and drained **raspberries**. Blend sieved raspberries into gelatin mixture with lemon juice.

Coupe St. Jacques

(See center color photo)

Have ready

Lime, Orange and Raspberry Ice
(page 58)

Prepare (see below) and put into a large bowl

- 2 cups fresh pineapple wedges**
- 1 cup orange pieces**
- 1 cup fresh peach pieces**
- ½ cup white seedless grapes, cut in halves**
- ¼ cup fresh blueberries**

Sprinkle over fruit

1 cup sifted confectioners' or granulated sugar

Gently mix fruits thoroughly. Pour over fruit

⅓ cup kirsch

Set bowl in refrigerator to chill fruits.

Before serving add to bowl

¼ cup fresh raspberries

Gently mix fruit. Spoon into chilled serving dishes, spooning some of the fruit juices over fruit. Top each serving with 1 scoop each of the three ices. Serve immediately.

For Pineapple Preparation—Cut off and discard crown (spiny top) of pineapple and rinse pineapple. Cut into crosswise slices ¼ to ½ in. thick. With a sharp knife, cut away and discard rind and "eyes" from each slice. Cut away the core and discard. Cut slices into wedges (keep bite-size and uniform in shape).

For Orange Preparation—With a sharp knife, remove peel and white membrane from orange. Remove sections, cutting on either side of dividing membranes over the bowl to save juice. Remove and discard seeds, if any. Cut sections into halves, if desired.

For Peach Preparation—Rinse, pare, cut into halves and pit peaches. Slice and cut into bite-size pieces (keeping uniform in shape). To keep peach slices from darkening, toss to coat with orange, lemon, or pineapple juice.

For Berry Preparation—Rinse and thoroughly drain blueberries and raspberries.

For Grape Preparation—Rinse, stem and drain thoroughly white seedless grapes. Cut grapes into halves. 10 to 12 servings



Pastry for One-Crust Pie

Set out an 8- or 9-in. pie pan.

Sift together

1 cup sifted all-purpose flour
½ teaspoon salt

Cut in with pastry blender or two knives until pieces are size of small peas

⅓ cup lard, hydrogenated vegetable shortening or all-purpose shortening

Sprinkle gradually over mixture, a teaspoon at a time, about

2½ tablespoons cold water

Mix lightly with fork after each addition. Add only enough water to hold pastry together. Work quickly; do not overhandle. Shape into a ball and flatten on a lightly floured surface.

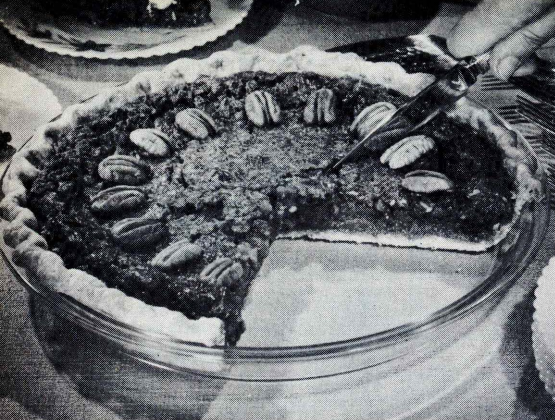
Roll dough from center to edge into a round about ⅛ in. thick and about 1 in. larger than over-all size of pan. With knife or spatula, loosen pastry from surface wherever sticking occurs; lift pastry slightly and sprinkle flour underneath.

Loosen one half from board with spatula and fold over other half. Loosen remaining part and fold in quarters. Gently lay pastry in pan and unfold it, fitting it to the pan so that it is not stretched.

Trim edge with scissors or sharp knife so pastry extends about ½ in. beyond edge of pie pan. Fold extra pastry under at edge and flute (page 5) or press edges together with a fork. Thoroughly prick bottom and sides of pastry shell with a fork. (Omit pricking if filling is to be baked in shell.)

Bake at 450°F 10 to 15 min., or until crust is light golden brown. Cool on cooling rack.

One 8- or 9-in. pastry shell



Pecan Pie with Sweetened Whipped Cream

Pecan Pie

Prepare (but do not bake)

**Pastry for One-Crust Pie (page 59;
use 9-in. pie pan)**

Set pastry shell aside.

Set out

½ cup (about 2 oz.) pecan halves

½ cup (about 2 oz.) chopped pecans

Cream until butter or margarine is softened

3 tablespoons butter or margarine

1 teaspoon vanilla extract

Add gradually, creaming until fluffy after each addition

¾ cup sugar

Add in thirds, blending well after each addition

3 eggs, well beaten

Thoroughly blend in the chopped nuts and

1 cup dark corn sirup

½ teaspoon salt

Turn into the pastry shell.

Bake at 450°F 10 min.

Arrange pecan halves on top of pie filling. Reduce heat, bake at 350°F 30 to 35 min., or until a silver knife comes out clean when inserted halfway between center and edge of filling.

6 to 8 servings

Puff Paste

▲ Base Recipe

Place into a large bowl of cold water and ice cubes or chipped ice

1 cup butter

Work butter with hands. Break it into small portions and squeeze each in water about 20 times, or until butter is pliable and waxy. Remove portions and wipe off excess water. Reserve ¼ cup of this butter. Pat remainder ½ in. thick, divide into five equal portions, wrap each in waxed paper. Chill in refrigerator until firm.

Sift together into a bowl

2 cups sifted all-purpose flour

½ teaspoon salt

With two knives or pastry blender, cut in ¼ cup butter until pieces are size of small peas. Add gradually, mixing in with fork, about

7 tablespoons iced water

When blended, gather into a ball and knead (page 6) on a lightly floured surface. Cover with a bowl and let ripen 30 min.

Roll dough on a lightly floured surface to form a rectangle ¼ in. thick. Keep corners square; gently pull dough into shape where necessary.

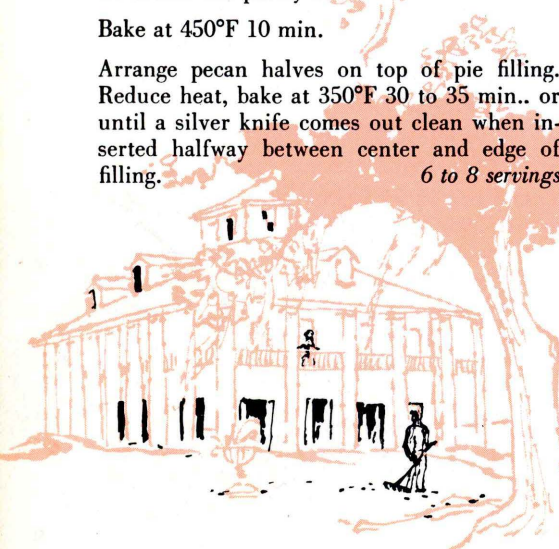
Remove one portion of chilled butter and cut into small pieces. Quickly pat butter pieces down center third of dough. Cover butter with right-hand third of dough. Fold left-hand third under butter section. With rolling pin gently press down and seal the open edges. Wrap in waxed paper. Chill in refrigerator about 1 hr.

Remove from refrigerator and place on the board with butter section near top, narrow side toward you. Turn folded dough one-quarter way around, to have open edge away from you. Roll to original size. Repeat four times the procedure for folding, sealing, and chilling, using second, third, fourth, and fifth portions of butter. Each time place dough on floured surface, turn and roll as directed.

With last rolling, fold four sides toward center. Gently press down with rolling pin. Fold in half. Wrap dough in waxed paper. Chill in refrigerator about 2 hrs. before using.

To store for several days, wrap dough in waxed paper and place in refrigerator.

*Puff Paste for 12 Napoleons
or 6 Vol-au-Vent Shells*



—Vol-au-Vent Shells (Patty Shells)

For Individual Vol-au-Vent—Prepare Δ Recipe. Roll pastry $\frac{1}{8}$ in. thick. With a sharp knife or 3-in. cookie cutter, cut out rounds. With a 2-in. cookie cutter, cut centers from one half of the 3-in. rounds. Remove centers, leaving $\frac{1}{2}$ -in. rims. Moisten $\frac{1}{2}$ -in. edges of solid 3-in. rounds with cold water. Fit rims on top. Thoroughly prick through rims and bases with a fork. Gently and evenly press rims down. Transfer to baking sheet which has been rinsed in cold water and well drained.

Roll the 2-in. centers $\frac{1}{4}$ in. thick. These are used as covers and may be cut into shapes such as stars or scalloped rounds. Transfer to the baking sheet. Prick well. Chill shells and covers in refrigerator for 30 min.

Bake at 450°F 8 min. Reduce heat to 350°F and bake about 20 min. longer. If browning is too rapid, cover with a sheet of unglazed paper. Remove to rack to cool. Reheat before filling with hot creamed mixture.

For Large Vol-au-Vent—Divide pastry into two portions. Roll each into a round or oval of the same size, $\frac{1}{2}$ in. thick. Cut out center of one, leaving a rim about $\frac{3}{4}$ in. wide. Moisten $\frac{3}{4}$ -in. edge of solid round with cold water. Transfer it to one end of ungreased baking sheet covered with three thicknesses of unglazed paper. Place rim over round. Thoroughly prick through rim and base with a fork. Gently and evenly press rim down.

Roll remaining center $\frac{1}{4}$ in. thick. Transfer it to other end of paper-covered baking sheet. Prick well. Chill in refrigerator 30 min.

Bake as for individual Vol-au-Vent Shells. Reheat before filling with hot creamed mixture. Use baked center as a cover.

—Napoleons

Prepare Δ Recipe and divide pastry into three portions. Immediately return two portions to refrigerator. Roll remaining portion into a rectangle $\frac{1}{8}$ in. thick. Cut into even 5x3-in. strips. Trim ends so all strips are equal. Transfer to baking sheet rinsed in cold water and drained thoroughly. Thoroughly prick pastry strips. Repeat process with each remaining portion of pastry. Chill in refrigerator 30 min.

Bake at 425°F 10 min. Reduce temperature to 325°F and bake 20 min., or until golden brown. Remove to cooling racks. When cold, split each slice lengthwise. Let stand about 30 min.

For each Napoleon allow four of the split slices. Spread one split slice with **Almond Pastry Cream** (page 62) or **Sweetened Whipped Cream** (page 62) or any of its variations. Top with a second slice and gently press together. Spread more filling over top and cover with another slice, cut-side down. Spread top with more filling and cover with a fourth slice. Spread top with **Napoleon Glaze**.

For Napoleon Glaze—Mix in a heavy saucepan $\frac{3}{4}$ cup sifted and packed **confectioners' sugar**, 1 tablespoon hot **water**, 1 teaspoon **light corn sirup** and 2 teaspoons **butter**. Place over low heat; stir constantly until butter melts. Stir in $\frac{1}{2}$ teaspoon **vanilla extract**.

For Design—Melt **semi-sweet chocolate** over hot water, then cool it enough so it can be piped through decorating tube (if chocolate is too thin, stir in a bit of confectioners' sugar).

Pipe cooled chocolate through No. 4 decorating tube in parallel lines across width of Napoleon slices; draw wooden pick lengthwise across chocolate lines before chocolate sets.

Napoleon



Almond Pastry Cream

Finely grind (page 4)

$\frac{1}{3}$ lb. (about 1 cup) blanched almonds
(page 4)

Mix in

$\frac{1}{2}$ cup confectioners' sugar

Set aside.

Cream until softened

3 tablespoons butter

Beat in, one egg yolk at a time

2 egg yolks

1 tablespoon rum or kirsch

Beat until well blended.

Blend in almond-sugar mixture until smooth.

1 cup Almond Pastry Cream

Sweetened Whipped Cream

▲ Base Recipe

Place a rotary beater and a bowl in refrigerator to chill.

Using the chilled bowl and beater, beat until cream stands in peaks when beater is slowly lifted upright

1 cup chilled whipping cream

Beat into whipped cream with few final strokes until blended

3 tablespoons sifted confectioners' sugar

1 teaspoon vanilla extract

Set in refrigerator if not used immediately.

About 2 cups whipped cream

Note: Mixture may be tinted by gently blending in one or more drops of **food coloring** after cream is whipped.

—Mocha Whipped Cream

Follow Δ Recipe. Sift 1 teaspoon **concentrated soluble coffee** with the sugar.

—Dutch Cocoa Whipped Cream

Follow Δ Recipe. Sift 3 tablespoons **Dutch process cocoa** with the sugar.

—Rum Whipped Cream

Follow Δ Recipe. Substitute 1 to $1\frac{1}{2}$ tablespoons **rum** for vanilla extract.

—Fruity Whipped Cream

Follow Δ Recipe. Fold into whipped cream diced **bananas**, sweetened fresh or frozen **peaches** or **berries**. Use as a topping or filling.

Vanilla Confectioners' Sugar

Set out a 1- to 2-qt. container having a tight-fitting cover. Fill with

Confectioners' sugar

Remove from air-tight tube, wipe with a clean, damp cloth and dry

1 vanilla bean, about 9 in. long

Cut vanilla bean into quarters lengthwise; cut quarters crosswise into thirds. Poke pieces of vanilla bean down into the sugar at irregular intervals. Cover container tightly and store on pantry shelf.

Note: The longer sugar stands, the richer will be the vanilla flavor. If tightly covered, sugar may be stored for several months. When necessary, add more sugar to jar. Replace vanilla bean when aroma is gone.

Chocolate Butter Frosting

Melt (page 5) and set aside to cool

$2\frac{1}{2}$ sq. ($2\frac{1}{2}$ oz.) chocolate

Measure and set aside

1 cup sifted confectioners' sugar

Cream until butter is softened

$\frac{1}{4}$ cup butter

$\frac{1}{2}$ teaspoon vanilla extract

Add gradually one half of confectioners' sugar and beat well after each addition. Add the cooled chocolate and remaining confectioners' sugar and beat until fluffy.

Enough to decorate 36 small cookies





BEVERAGES

The Creoles have succeeded far beyond even the famous chefs of France in discovering the secret of good coffee making. Café Noir is an integral part of Creole life. On hot summer days chilled Fruit Water or Iced Chocolate is often served.

Fruit Waters

On sultry summer evenings, Creole guests enjoy a frosty glass of cool fruit water. Simplified modern versions are easily made from commercially prepared fruit sirups or bases.

Concentrated frozen fruit juices such as **orange**, **orange** and **grapefruit**, or **grape** can be reconstituted with **ginger ale** or **sparkling water** instead of water (1 qt. ginger ale or sparkling water to one 12-oz. can frozen fruit-juice concentrate).

Recipes for **Lemonade**, **Orangeade**, **Limeade** and **Spicy Currant Sparkler** (all fruit waters) are given.

Sugar-frosted glasses are a perfect complement for these delightful coolers. Just brush the rims of the glasses with a portion of slightly beaten **egg white** and dip them into a shallow dish containing **confectioners'** or **granulated sugar**. Or dip rims of glasses into **lemon juice**, then into sugar. Chill the glasses in the refrigerator. Carefully fill glasses with beverage.

Garnish glasses of fruit water with a **lemon**, **lime**, or **orange slice**, a sprig of **mint**, or a **cherry**, **strawberry** or other piece of fruit. If desired, serve with gayly colored straws or decorated glass sippers. Even the most weary and warm guest will brighten after such sparkling refreshment!

Spicy Currant Sparkler

▲ Base Recipe

Set out a small saucepan.

Put into refrigerator to chill, 4 tall glasses and
1 qt. ginger ale or sparkling water

For Currant Sirup—Rinse, drain, remove and discard stems from

1 cup fresh currants

Place currants in the saucepan and add

¼ cup water

Cover and simmer 10 min. Remove from heat.

Force currants through a sieve to remove seeds. Blend into the sieved currants

¼ cup sugar

½ teaspoon cinnamon

Put currant sirup into refrigerator to chill thoroughly.

To Serve—Pour equal amounts of the currant sirup into the four glasses. Fill glasses with the chilled ginger ale or sparkling water and stir.

Garnish each serving with a spray of **currants** and **currant leaves**. 4 servings

—Spicy Currant Float

Follow ▲ Recipe. Fill glasses about two-thirds full with ginger ale or sparkling water. Float a scoop of **vanilla ice cream** in each glass.



Lemonade

▲ Base Recipe

Squeeze enough lemons to yield

2 cups lemon juice (about 12 medium-size lemons)

(Or, use 2 cups reconstituted frozen lemon juice concentrate.)

Mix together the lemon juice and

6 cups cold water

1½ cups sugar

Stir until sugar is dissolved. Place in refrigerator to chill thoroughly.

Stir and pour over ice cubes or crushed ice.

2 qts. Lemonade

—Limeade

Follow △ Recipe; substitute **lime juice** for lemon juice.

—Orangeade

Follow △ Recipe; substitute 6 cups **orange juice** (about 18 medium-size oranges) for lemon juice. Add ¼ cup **lemon juice** (about 2 lemons) and decrease water to 2 cups.

—Claret Cup

This is a simplified version of a favorite Creole summer beverage.

Prepare one-half △ Recipe or recipe for Orangeade. Chill 1 qt. **claret wine** and blend with Lemonade or Orangeade. Pour over ice cubes or crushed ice into punch cups or glasses.

Breakfast Cocoa

▲ Base Recipe

Mix in a saucepan or top of a double boiler

5 to 6 tablespoons cocoa

5 to 6 tablespoons sugar

¼ teaspoon salt

Blend in slowly

1 cup water

Boil gently 2 min. over direct heat, stirring until slightly thickened.

Reduce heat and stir in

3 cups milk

Heat slowly over low heat or simmering water until scalding hot, stirring occasionally. Remove from heat. Cover and keep hot over low heat or hot water.

Just before serving, add

½ teaspoon vanilla extract

Beat with rotary beater until foamy.

Serve steaming hot, plain or with

Sweetened Whipped Cream
(page 62)

Or top with **marshmallows**.

6 servings

—Breakfast Chocolate

Follow △ Recipe. Substitute 2 sq. (2 oz.) **chocolate** for cocoa. Break into pieces and combine with sugar, water and salt. Mix and stir constantly over low heat. When chocolate is melted, increase heat and boil 2 min., stirring constantly. Add milk and continue as in △ Recipe.

—Quick Breakfast Cocoa or Chocolate

For each cup of milk used, stir in 2 tablespoons **chocolate sirup**. Blend well. Heat and serve as suggested in △ Recipe.

—Iced Cocoa or Chocolate

Follow △ Recipe or recipe for Breakfast Chocolate. Place in refrigerator to chill. Pour chilled beverage over ice into tall glasses. Stir well. Top each serving with about 1 tablespoon **Sweetened Whipped Cream** (page 62) and a sprig of fresh **mint**. Sprinkle each serving lightly with **cinnamon, nutmeg** or **ginger**.

Café Noir (Black Coffee)

▲ Base Recipe

Praise for Creole Café Noir begins the instant the bouquet is evident. And that aroma first begins at dawn, returns at breakfast and again after dinner. Café au Lait is served at breakfast and is made by combining equal amounts of Café Noir and hot milk. Creole cooks warn that Café Noir must never be boiled.

Preheat a drip coffee maker by filling it with boiling water. Drain.

For each standard measuring cup of water, using standard measuring spoons, measure

2 to 4 tablespoons drip grind coffee
(depending upon strength desired)

Place in filter section of drip coffee maker.

Bring to boiling

Freshly drawn water

Measure and pour boiling water into upper container, about 2 tablespoons at a time. Cover. Allow all of the water to drip through the coffee. Repeat the small additions of boiling water. After four or five additions of water have been made, set coffee maker over very low heat while coffee is dripping. Repeat additions of water until desired quantity of coffee is made. Do not let coffee boil at any time.

Remove coffee compartment; stir and cover the brew. If coffee cannot be served immediately, let stand over low heat without boiling.

Note: Many Creoles prefer a blend of coffee and **chicory**. This changes the flavor and makes Café Noir darker in color.

—Café au Lait (Coffee with Milk)

Follow △ Recipe, allowing $\frac{1}{2}$ cup of Café Noir for each serving. Scald (page 5) $\frac{1}{2}$ cup rich **milk** or **cream** per serving. Simultaneously pour hot coffee and hot milk or cream into each cup. Sweeten if desired.

Café Brûlot (Flaming Coffee)

Dramatic and delightful, sophisticated and ceremonious!! . . . Café Brûlot, city cousin to Café Noir. Sip and see for yourself!

Set out chafing dish or brûlot bowl and ladle.

Prepare (on this page) and keep hot

3 cups Café Noir

Mix together in chafing dish

1½ cups brandy

2 strips lemon peel (use colored part only; white is bitter)

1 strip orange peel (use colored part only; white is bitter)

8 whole cloves

8 whole allspice

2 2-in. sticks cinnamon, broken into pieces

Heat thoroughly in chafing dish, stirring occasionally.

Meanwhile, set out

8 cubes of loaf sugar

Preheat ladle with boiling water and drain.

Remove and discard spices and fruit peel from heated brandy mixture.

Add 7 of the cubes of loaf sugar to the brandy mixture; place remaining cube in the ladle. Dip a little of the brandy mixture into the ladle; ignite the liquid with a match. Carefully lower "flaming" ladle into chafing dish to ignite all of the liquid. Stir with the ladle, dipping and pouring back into the dish some of the flaming liquid. Continue stirring and ladling until the sugar is dissolved. (This is most effective in a softly lighted room.)

While the mixture is still flaming, pour the hot coffee slowly against edge of the chafing dish to avoid putting out the flames immediately. Ladle again to blend in coffee.

When mixture is no longer flaming, ladle Café Brûlot into demitasse or after-dinner coffee cups. Serve with additional sugar if desired.

About 16 servings





LAGNIAPPE

Louisiana tradesmen occasionally reward their most faithful customers with a lagniappe, a small gift of appreciation. Our lagniappe is a show of delectable praline recipes that will add a touch of picturesque New Orleans to your repertoire of "entremets distingués" for appreciative epicures.

Pecan Pralines I

▲ Base Recipe

Pralines have been a distinctive candy of New Orleans ever since the time the city was settled. Originally made in France using almonds, pralines were named after a famous French Marshall, the Duc de Choiseul-Prasline. He believed that almonds coated in sugar would be more digestible. When Louisiana was settled by French colonists, native pecans were substituted for the almonds of the mother country.

Set out a 2-qt. heavy saucepan and a candy thermometer.

Lay sheets of waxed paper or aluminum foil on baking sheets. If using waxed paper, grease or oil the waxed paper.

Measure and set aside

2 tablespoons butter

1½ cups (about 5½ oz.) pecan halves

Mix together in the saucepan

**1 cup firmly packed dark brown
sugar**

1 cup granulated sugar

½ cup cream

Stir over low heat until sugar is dissolved. Increase heat and cook rapidly without stirring. Set the candy thermometer in place. During cooking wash any crystals from sides of pan with a pastry brush dipped in water; move candy thermometer to one side and wash down any crystals that may have formed on sides of pan under the thermometer.

Cook mixture until it reaches 230°F (thread stage, page 5; remove from heat while testing). Stir in butter and pecan halves.

Continue cooking, stirring occasionally, until mixture reaches 236°F (soft ball stage, page 5; remove from heat while testing).

Remove mixture from heat and remove candy thermometer. Cool mixture 2 to 3 min. without stirring. Gently stir mixture for about 2 min., or until it becomes slightly thicker and pecans appear well coated with sugar mixture. Quickly drop by tablespoonfuls onto the aluminum foil or greased waxed paper. The candy will flatten. Allow to stand until cool.

When completely cooled, wrap each praline in waxed or glassine paper. Store them in a covered container in a cool dry place.

About 20 pralines

—Pecan Pralines II

Follow △ Recipe; substitute **water** for the cream. This praline will be less creamy than Pecan Pralines I.

—Dark Pecan Pralines

Follow △ Recipe. Omit granulated sugar, increase dark brown sugar to 2 cups.

—Peanut Pralines

Follow △ Recipe. Omit pecans, add 1½ cups (about 8 oz.) unsalted **peanuts**.

—Almond Pralines

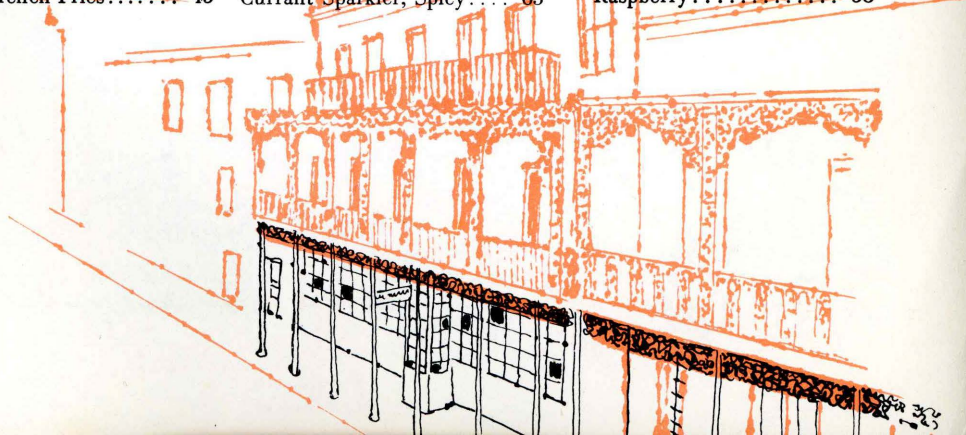
Follow △ Recipe. Omit pecans, add 1½ cups (about 8 oz.) blanched (page 4) **almonds**.

Index

| | |
|-------------------------------------|----|
| Almond-Glazed Shortbread | 51 |
| Almond Leaf Cookies, Frosted | 54 |
| Almond Pastry Cream | 62 |
| Almond-Strawberry Towers | 53 |
| Anchovy Butter Spread | 9 |
| Appetizers, Shrimp | 8 |
| Apple Fritters | 55 |
| Apricot Fritters | 55 |
| Apricot Ice | 58 |
| Artichoke Salad, Crab- Stuffed | 46 |
| Artichokes Chilled | 41 |
| Cooked (Globe or French) | 41 |
| Baba | 16 |
| Bacon, Panbroiled | 29 |
| Banana Fritters | 55 |
| Batter Bread, Southern | 18 |
| Béarnaise Sauce | 49 |
| Biscuits Rolled | 19 |
| Tender-Rich Buttermilk | 19 |
| Bisque, Crayfish | 12 |
| Blancmange | 58 |
| Coconut | 58 |
| Fruit | 58 |
| Blanquette de Veau | 22 |
| Bouillabaisse, Creole | 33 |
| Bouillon | 13 |
| Bread, French | 17 |
| Bread, Garlic | 17 |
| Bread (Pain Perdu) | 15 |
| Bread, Southern Batter | 18 |
| Breakfast Chocolate | 64 |
| Breakfast Cocoa | 64 |
| Brioches, Small | 18 |
| Broiled Lamb Chops | 21 |
| Broiled Trout | 32 |
| Brown Roux | 48 |
| Buttermilk Biscuits, Tender-Rich | 19 |
| Butter Pecan Cookies | 52 |
| Café au Lait | 65 |
| Café Brûlot | 65 |
| Café Noir | 65 |
| Cake, Creole Chocolate | 50 |
| Calas, Quick | 15 |
| Canapés | 7 |
| Caramel Pudding Cookies | 54 |
| Chaurice Patties, Panbroiled | 27 |
| Cheese French Fries | 45 |

| | |
|-------------------------------------|-------|
| Cheese Sauce | 48 |
| Chicken, Deviled | 26 |
| Chicken Liver Spread | 9 |
| Chicken Sauté à la Creole | 26 |
| Chicken with Corn Meal Dumplings | 26 |
| Chocolate, Breakfast Iced | 64 |
| Chocolate Butter Frosting | 62 |
| Chocolate Cake, Creole | 50 |
| Chocolate Pecan Miniatures | 54 |
| Chocolate Spritz Cookies | 51 |
| Claret Cup | 64 |
| Cocoa, Breakfast Iced | 64 |
| Coconut Jewels | 52 |
| Coconut Macaroons De Luxe | 52 |
| Coffee (Café) Black (Noir) | 65 |
| Flaming (Brûlot) | 65 |
| with Milk (au Lait) | 65 |
| Consommé | 13 |
| Cooked Shrimp | 38 |
| Cooked Whole Country Ham | 24 |
| Cookies | 50-54 |
| Corn Griddlecakes | 19 |
| Country Ham Roast | 24 |
| Cooked Whole | 24 |
| Coupe St. Jacques | 59 |
| Crab-Shrimp Gumbo | 11 |
| Crab-Stuffed Artichoke Salad | 46 |
| Cranberry Sauce | 49 |
| Spicy | 49 |
| Crayfish Bisque | 12 |
| Crayfish Tails, Cooked | 37 |
| Creole Bouillabaisse | 33 |
| Creole Chocolate Cake | 50 |
| Creole Doughnuts | 14 |
| Creole Eggs, Casserole of | 29 |
| Creole French Dressing | 47 |
| Creole Pot-au-Feu | 13 |
| Creole String Beans | 44 |
| Crêpes Suzette | 57 |
| Crêpes with Jelly or Jam | 57 |
| Croquettes, Ham | 24 |
| Currant Float, Spicy | 63 |
| Currant Sparkler, Spicy | 63 |

| | |
|--------------------------------|----|
| Daube | 20 |
| Daube Glacé | 20 |
| Deep-Fried Liver | 25 |
| Deep-Fried Oysters | 37 |
| Deep-Fried Shrimp | 37 |
| Deviled Chicken | 26 |
| Doughnuts, Creole | 14 |
| Dumplings, Corn Meal | 27 |
| East Indian Sauce | 8 |
| Eggplant with Ham Stuffing | 42 |
| with Shrimp Stuffing | 42 |
| Eggs Hard-cooked | 29 |
| Soft-cooked | 29 |
| Eggs, Casserole of Creole | 29 |
| Fish Stock | 13 |
| French Bread | 17 |
| French Dressings | 47 |
| French Fried Onions | 41 |
| French Fried Potatoes | 45 |
| Fried Country Ham Slices | 28 |
| Fritters Apple | 55 |
| Apricot | 55 |
| Banana | 55 |
| Frog Legs Fried | 39 |
| with Fine Herbs | 39 |
| Frosted Almond Leaf Cookies | 54 |
| Frosting, Chocolate Butter | 62 |
| Fruit Waters | 63 |
| Garlic Bread | 17 |
| Garlic French Dressing | 47 |
| Griddlecakes, Corn | 19 |
| Grillades | 23 |
| Gumbo, Crab-Shrimp | 11 |
| Gumbo Filé | 10 |
| Ham Cooked Country | 24 |
| Croquettes | 24 |
| Roast Country | 24 |
| Ham Slices, Fried Country | 28 |
| Hollandaise Sauce | 49 |
| Hors d'Oeuvres | 7 |
| Horseradish Sauce | 9 |
| Iced Cocoa or Chocolate | 64 |
| Ices Apricot | 58 |
| Lime | 58 |
| Orange | 58 |
| Raspberry | 58 |



| | | | | | |
|---------------------------------|----|--------------------------------|----|---------------------------------|----|
| Jambalaya, Shrimp..... | 38 | Quick Calas..... | 15 | Fish..... | 13 |
| Jellied Veal Loaf..... | 22 | Rabbit Stew..... | 28 | White..... | 13 |
| Lamb Chops, Broiled..... | 21 | Raspberry Ice..... | 58 | String Beans, Creole..... | 44 |
| Lemonade..... | 64 | Red Beans, Casserole of..... | 43 | Stuffed Tomatoes..... | 43 |
| Limeade..... | 64 | Red Beans with Rice..... | 43 | Sweet Potatoes..... | |
| Lime Ice..... | 58 | Remoulade Sauce..... | 8 | Baked..... | 44 |
| Liver, Deep-Fried..... | 25 | Rice..... | | Baked Filled..... | 44 |
| Macaroons..... | 53 | Perfection Boiled..... | 30 | Lemon-Buttered..... | 44 |
| Coconut De Luxe..... | 52 | Pilau..... | 30 | Pone..... | 45 |
| Mornay Sauce..... | 49 | Quick Cooking..... | 30 | Chips..... | 45 |
| Mustard Shrimp Sauce..... | 8 | Rock-Lobster Tails..... | 37 | Tea Rounds, Vanilla..... | 53 |
| Napoleons..... | 61 | Roquefort French Dressing..... | 47 | Tomatoes, Stuffed..... | 43 |
| New Orleans Holiday..... | | Roux..... | | Tomato French Dressing..... | 47 |
| Pudding..... | 56 | Brown..... | 48 | Tomato Sauce..... | 49 |
| Okra and Tomatoes..... | 42 | White..... | 48 | Tongue..... | |
| Omelet, French..... | 30 | Salad, Vegetable Patch..... | 46 | Pickled Fresh..... | 25 |
| Onion French Dressing..... | 47 | Sally Lunn..... | 16 | Smoked Beef..... | 25 |
| Onions, French Fried..... | 41 | Sauces..... | | Trout, Broiled..... | 32 |
| Onion Soup..... | 12 | Béarnaise..... | 49 | Turnip Rose (how to carve)..... | 36 |
| Orangeade..... | 64 | Cheese..... | 48 | Vanilla Confectioners'..... | |
| Orange Ice..... | 58 | Cranberry..... | 49 | Sugar..... | 62 |
| Oyster Loaf..... | 33 | East Indian..... | 8 | Vanilla Tea Rounds..... | 53 |
| Oysters, Deep-Fried..... | 37 | Hollandaise..... | 49 | Veal in Creamy Sauce..... | 22 |
| Oysters Rockefeller I..... | 36 | Horse-radish..... | 9 | Veal Loaf, Jellied..... | 22 |
| Oysters Rockefeller II..... | 36 | Mornay..... | 49 | Veau, Blanquette de..... | 22 |
| Oyster Stew, Rich..... | 11 | Mustard Shrimp..... | 8 | Vegetable Patch Salad..... | 46 |
| Pain Perdu (Lost Bread)..... | 15 | Remoulade..... | 8 | Vol-au-Vent Shells..... | 61 |
| Panbroiled Bacon..... | 29 | Spicy Cranberry..... | 49 | Whipped Creams..... | |
| Chaurice Patties..... | 27 | Tomato..... | 49 | Dutch Cocoa..... | 62 |
| Link Sausage..... | 27 | Sausage, Panbroiled Link..... | 27 | Fruity..... | 62 |
| Pastry for One-Crust Pie..... | 59 | Scotch Shortbread, Fancy..... | 50 | Mocha..... | 62 |
| Patties, Panbroiled..... | | Shortbread, Almond-Glazed..... | 51 | Rum..... | 62 |
| Chaurice..... | 27 | Shortbread Sensations..... | 51 | Sweetened..... | 62 |
| Patty Shells (Vol-au-Vent)..... | 61 | Shrimp Appetizers..... | 8 | White Roux..... | 48 |
| Pecan Pie..... | 60 | Shrimp, Cooked..... | 38 | White Sauce..... | |
| Pecan Pralines..... | 66 | Shrimp, Deep-Fried..... | 37 | Medium..... | 48 |
| Peppers with Shrimp..... | | Shrimp De Jonghe..... | 7 | Thick..... | 48 |
| Stuffing..... | 42 | Shrimp Jambalaya..... | 38 | Thin..... | 48 |
| Pickled Fresh Tongue..... | 25 | Small Brioches..... | 18 | Yams (See Sweet Potatoes)..... | |
| Pie, Pecan..... | 60 | Smoked Beef Tongue..... | 25 | | |
| Pompano en Papillote..... | 32 | Soup, Onion..... | 12 | | |
| Pompano Florentine..... | 31 | Soup Stocks..... | 13 | | |
| Pompano with Spinach..... | 31 | Southern Batter Bread..... | 18 | | |
| Potatoes, French Fried..... | 45 | Spicy Cinnamon Towers..... | 52 | | |
| Pot-au-Feu, Creole..... | 13 | Spicy Currant Float..... | 63 | | |
| Pralines..... | | Spicy Currant Sparkler..... | 63 | | |
| Almond..... | 66 | Spritz Cookies..... | 51 | | |
| Dark Pecan..... | 66 | Spritz Cookies, Chocolate..... | 51 | | |
| Peanut..... | 66 | Stew, Rabbit..... | 28 | | |
| Pecan..... | 66 | Stock..... | | | |
| Puff Paste..... | 60 | Brown..... | 13 | | |

General Information

| | |
|---------------------------------|----|
| Check-List for Successful..... | |
| Baking, A..... | 6 |
| Deep-Fry, When you..... | 6 |
| For These Recipes—What..... | |
| to Use..... | 4 |
| How to Cook Vegetables..... | 40 |
| How to Do It..... | 4 |
| Identification of Foods in..... | |
| Center Color Photo..... | 33 |
| Oven Temperatures..... | 6 |

